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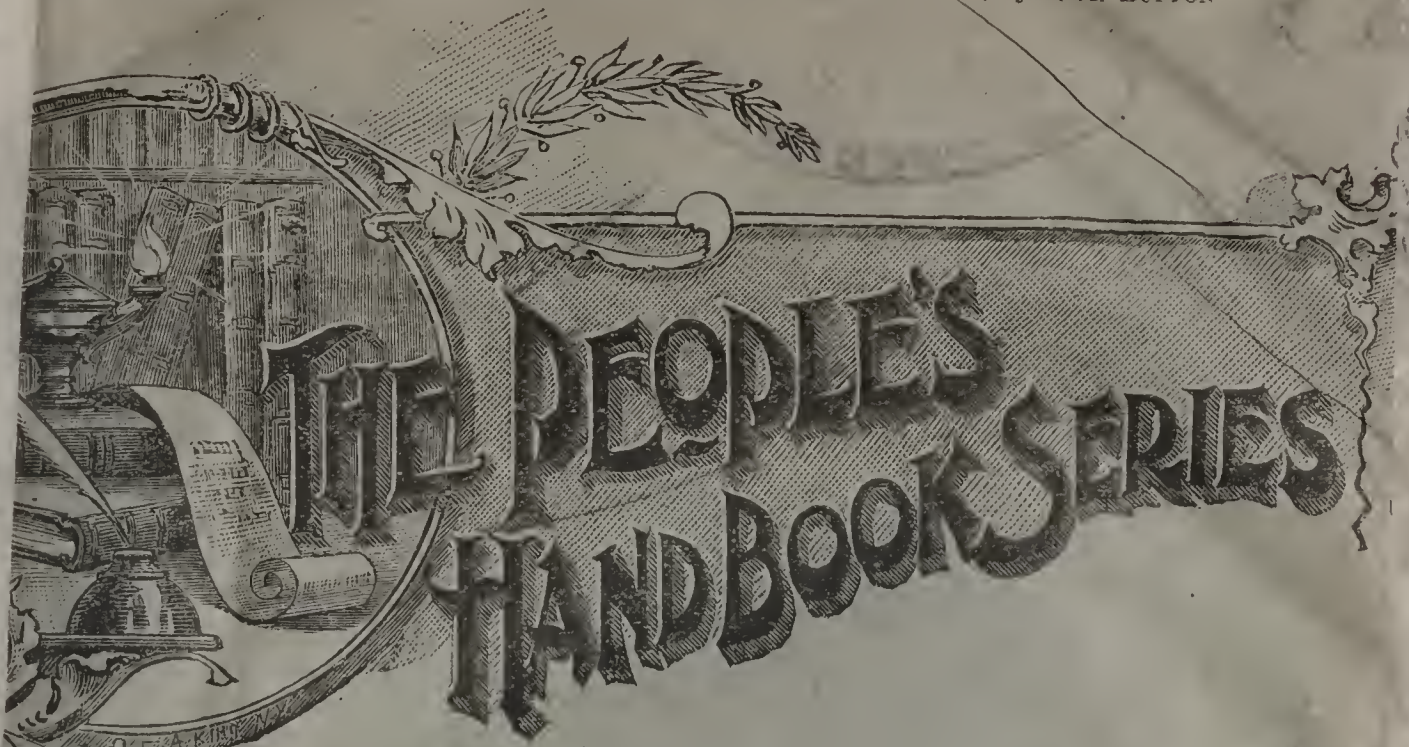


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THE Family Doctor Book

Containing Plain and Simple Directions for the Treatment of Every
Disease and Ailment, and Suggesting Simple Home Remedies
Which Will Usually Effect a Cure Without the
Necessity of Employing a Physician.

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EVERY DISEASE AND AILMENT, AND SUGGESTING SIMPLE HOME
REMEDIES WHICH WILL USUALLY EFFECT A CURE WITH-
OUT THE NECESSITY OF EMPLOYING A PHY-
SICIAN: TO WHICH IS APPENDED,
"ADVICE TO MOTHERS," BY
EFFIE W. MERRIMAN.

Abscess.—In some particulars an abscess resembles a large boil. There is an inflammatory condition, with heat, pain, and swelling. The result of this inflammation is the discharge of degenerated matter or pus. They may be opened as soon as pulsation is detected, the same as boils, or the operation may be delayed until by using hot water compresses, flaxseed poultice, bread and hot milk poultice, they come to a point or head. The matter or pus should be completely discharged by gentle pressure, and the cavity freely washed out by injecting a mixture of one part carbolic acid and twenty of warm water, and pressure exerted by a bandage, when healing will rapidly take place.

Acid Stomach.—A little magnesia and water will sometimes correct the acidity of a child's stomach, and render unnecessary any stronger medicine. Powder a teaspoonful of magnesia, and put it in half a glass of water; it will not dissolve, of course, but will mix with the water so that an infant can swallow it. Give a teaspoonful of this three times a day until indications warrant you in discontinuing it.

Ankles, Weak.—Bathing them in wine-lees will strengthen them; frequent bathing in salt and water—four ounces of salt to one quart of water—is also beneficial. Skating, moderately indulged in, will be attended by good results.

Asthma.—(1) The asthma, writes a correspondent, may be relieved, if not cured, by the following treatment: "Buy of the druggist five cents' worth of saltpeter, and get also a sheet or two

of grayish paper, which druggists have, thick like the common brown paper. Dissolve the saltpeter in half a pint of rain water, and saturate strips of the paper in the water, and dry it in pans or on plates. Now roll them up like lamp-lighters. When a paroxysm comes on, light one and inhale the fumes. If necessary throw a cloth or shawl over the head. If the saltpeter is very strong it may fuse a little. If the paper described cannot be got, brown paper may be used instead, but the smoke of the former is purer."

(2) The following mixture is recommended as a relief for the asthmatic: Two ounces of the best honey, and one ounce of castor oil mixed. A teaspoonful to be taken night and morning. I have tried the foregoing with the best effect.

Baldness.—(1) A gentleman who had lost nearly all his hair after a very severe attack of fever, consulted a French physician of great reputed success as a hair restorer. The prescription given him was a dram of homeopathic tincture of phosphorus to one ounce of castor oil; the bare spot he rubbed twice weekly, for half an hour each time, after the skin of the head had been thoroughly cleansed with warm water without soap. The treatment was faithfully carried out about six months; the hair soon began to grow, and, in a year from the time of following the doctor's advice, his head was as thoroughly covered as ever, the new hair being about two shades darker than the old.

(2) In two ounces of spirits of wine steep two drams of cantharides (pul-

verized) for a fortnight or three weeks, shaking it repeatedly during that time. Then filter it, and rub up one-tenth of the tincture so procured, with nine-tenths of cold hog's lard. Scent it with a few drops of any kind of perfume, and rub it well into the head every morning and evening.

(3) Hair, removed by fevers and other sickness, is made to grow by washing the scalp with a strong decoction of sage leaves once or twice a day.

Bath, A vapor.—A vapor bath may easily be prepared at home. Place a pail of hot water under a cane-bottomed chair, or if you have not one, put a narrow piece of board across the pail; on this the patient should sit for half an hour, covered by a blanket reaching to the floor, so as to keep in the steam.

Bee Stings.—Take a pinch in the fingers of common salt, put on the place stung and dissolve with water, rub with the finger. If not relieved in one minute wet the place with aqua ammonia. Care should be taken not to get the ammonia into the eyes. I have used this remedy for several years and it has never failed with me. It has always arrested the poison and prevented swelling.

Biliousness.—If the victims of this diseased condition will exercise due care, they need not ransack creation for "anti-bilious pills." The bile does not belong in the stomach, but reaches there in consequence of improper food, too much of the oily, as butter, pork, lard, etc. The bile is nature's grand cathartic medicine, passing from the liver in a direction to indicate that it is to pass on into the bowels, there to perform its important mission. When the liver is overtaxed by too much labor, or by the presence of too much greasy food, digestion is impaired and the whole system becomes out of order.

If one would avoid biliousness, let him fast, passing over one or more meals. As soon as the "mouth tastes bad," the tongue is coated, the appetite flags—the best possible evidence that too much food has been taken—thus allowing nature to rally, the accumulated food to pass off, and the system be relieved. In nine cases out of ten this fasting will remove the difficulty, save a fit of sickness, and

cheat the doctor. Any quack nostrum that will do as much as fasting, would yield a fortune to the inventor. Many of them, however, if not most increase disease, rather than improve health.

Bleeding, To stop.—(1) If a man is wounded so that the blood flows, that flow is either regular, or by jets or spurts. If it flows regularly, a vein has been wounded, and a string should be bound tightly around below the wounded part, that is, beyond it from the heart. If the blood comes out by leaps or jets, an artery has been severed, and the person may bleed to death in a few minutes; to prevent which apply the cord above the wound, that is, between the wound and the heart. In case a string or cord is not at hand, tie the two opposite corners of a handkerchief around the limb, put a stick between and turn it round until the handkerchief is twisted sufficiently tight to stop the bleeding, and keep it so until a physician can be had.

(2) It is said that bleeding from a wound, on man or beast, may be stopped by a mixture of wheat flour and common salt, in equal parts, bound on with a cloth. If the bleeding be profuse, use a large quantity, say from one to three pints. It may be left on for hours or even days, if necessary. The person who gave us this recipe says: "In this manner I saved the life of a horse which was bleeding from a wounded artery; the bleeding ceased in five minutes after the application."

(3) Blood may be made to cease to flow as follows: Take fine dust of tea and bind it close to the wound—at all times accessible and easily to be obtained. After the blood has ceased to flow, laudanum may be advantageously applied to the wound. Due regard to these instructions would save agitation of mind, and running for the surgeon, who would, probably, make no better prescription if he were present.

(4) Powdered rosin is the best thing to stop bleeding from cuts. After the powder is sprinkled on, wrap the wound with a soft cotton cloth. As soon as the wound begins to feel feverish, keep the cloth wet with cold water.

(5) For internal bleeding put the patient in bed with the head slightly raised, keep the room cool, and give frequently a swallow of the coldest water or a pellet of ice.

(6) For bleeding, take linen or other

rags, burn to charcoal and put it in the wound, and no more blood will come.

(7) For bleeding at the cavity of an extracted tooth, pack the alveolus fully and firmly with cotton wet with alum water.

Blood-blister.—When a finger is bruised so as to cause a blood-blister under the nail, it should immediately be drilled with a knife or other sharp-pointed instrument, and the blood allowed to escape. This affords instant relief to an injury which may otherwise become exceedingly painful.

Blood, To purify.—(1) A well-known physician says that he considers the following prescription for purifying the blood as the best he has ever used: One ounce yellow dock, one-half ounce horseradish, one quart hard cider. Dose, one wineglassful four times a day.

(2) Mix half an ounce sulphate of magnesia with one pint water. Dose a wineglassful three times a day. This can be used in the place of iron tonic, or in connection with it.

Boils.—These should be brought to a head by warm poultices of camomile flower, or boiled white lily root, or onion root by fermentation with hot water, or by stimulating plasters. When ripe they should be destroyed by a needle or lancet; but this should not be attempted until they are fully proved.

Breath, Offensive.—(1) From six to ten drops of the concentrated solution of chloride of soda, in a wineglassful of pure spring water, taken immediately after the ablutions of the morning are completed, will sweeten the breath, by disinfecting the stomach, which far from being injured will be benefited by the medicine. If necessary, this may be repeated in the middle of the day. In some cases the odor arising from carious teeth is combined with that of the stomach. If the mouth is well rinsed with a teaspoonful of the solution of the chloride in a tumbler of water, the bad odor of the teeth will be removed.

(2) To correct the odor of decayed teeth, two or three drops of a solution of permanganate of potassa may be used in a glass of water as a wash, or a few drops of the solution may be put into the cavity of the tooth on a small piece of cotton. A good remedy for a bad breath, arising from a foul stomach,

is charcoal powder in teaspoonful doses—a dose every other morning before breakfast for two or three weeks, if necessary.

(3) Bad breath from catarrh, foul stomach, or bad teeth may be temporarily relieved by diluting a little bromo chloralum with eight or ten parts of water, and using it as a gargle and swallowing a few drops before going out. A pint of bromo chloralum costs fifty cents, but a small vialful will last a long time.

(4) Take eight drops of muriatic acid, in half a tumbler of spring water, and add a little lemon peel or juice to suit the palate. Let this mixture be taken three times a day for some weeks, and, if found beneficial, then use it occasionally.

(5) The best treatment in regard to offensive breath is the use of powdered charcoal, two or three tablespoonfuls per week, taken in a glass of water before retiring for the night.

Bright's Disease.—Dr. Alex. De Borra, of Crystal Springs, N. Y., writes that, after years of practical test of the milk diet for Bright's disease, he has a long list of cases in which he has made perfect cures. Great care is taken to get absolutely pure skimmed milk, from healthy and well-fed cows, and no other food of any kind is given after the patient can bear five pints of milk a day. Up to this point, and until the stomach is able to take care of so much, is found to be the most trying period in this treatment, but no other medicine is given, and hand and hair-glove rubbing is daily administered.

Another correspondent takes exception to the claim made that no drug of any therapeutic value in that disease has yet been discovered. In support of his assertion he sends us a recipe which he claims has effected a cure in Bright's disease, as well as in dropsy, in every case in which it has been tried during the last fifteen years. He recommends the drinking of an infusion of the dry pods of the common white soup bean or corn bean. When the latter cannot be readily obtained, the pods of the "snap short" bean will answer, and even the Lima bean, though the latter is of inferior strength. The recipe is as follows: "Take a double handful of the pods to three quarts of water; boil slowly for three hours until it is reduced to three pints. Use no

drink of any kind but this, the patient drinking as much as he conveniently can; it may be taken either hot or cold."

Bronchitis.—(1) Get from the druggist's a little good wood creosote. Put two drops of it into a bottle holding a pint or so. Pour in a little more than half a pint of clear water, and shake it well; shake well always before using it. Take a mouthful of this, throw the head back, gargle it some time in the throat, and then swallow it. Repeat this every two hours, more or less, so as to use up the liquid within twenty-four hours. For each subsequent twenty-four hours, use three drops of the creosote in three to four gills of water. This three drops a day may be continued as long as any bronchitis appears. Two to four days is usually enough, though it may be continued indefinitely without harm.

(2) A simple, but oftentimes efficacious remedy, is this. It may afford relief: Syrup of tolu, one ounce; syrup of squills, half an ounce; wine of ipecac, two drams; paregoric, three drams; mucilage of gum arabic, one and a half ounces. Mix. Take a teaspoonful three times a day.

(3) A simple recipe, which affords relief in ordinary cases of bronchitis, is to occasionally suck a small piece of common saltpeter as you would candy, and swallow the juice. If the case be severe, medical advice should be had without delay.

Bunions.—(1) Let fall a stream of very warm water from a teakettle, at the highest elevation from which the patient can bear the water to fall directly on the apex of the swelling: continue this once a day for a short time and a cure will be effected, providing you desist from wearing short shoes. The greater the elevation of the kettle, the more effectual the remedy.

(2) It is said that the following is a good bunion remedy: Use pulverized saltpeter and sweet oil; obtain at the druggist's five or six cents' worth of saltpeter, put into a bottle with sufficient olive oil to nearly dissolve it; shake up well, and rub the inflamed joints night and morning, and more frequently if painful. This is a well-tried remedy.

(3) When the bunion is painful, put three or four leeches on the joint of the toe, and do not disturb them till they

drop off; then bathe the bunions twice a day in fresh cream, and afterward renounce tight boots. Of course this remedy will not remove the swelling of the bone.

Burns and Scalds.—(1) Mix common kitchen whitening with sweet oil, or, if sweet oil is not at hand, with water. Plaster the whole of the burn and some inches beyond it, all around, with the above, after mixing it to the consistency of common paste, and lay it on an eighth, or rather more, of an inch in thickness. It acts like a charm; the most agonizing pain is in a few minutes stilled. Take care to keep the mixture moist by the application, from time to time, of fresh oil or fresh water, and at night wrap the whole part affected in gutta-percha or flannel, to keep the moisture from evaporating. The patient will, in all probability, unless the flesh be much injured and the burn a very bad one, sleep soundly.

(2) For burns and scalds nothing is more soothing than the white of an egg, which may be poured over the wound. It is softer as a varnish for a burn than collodion, and being always at hand can be applied immediately. It is also more cooling than the sweet oil and cotton which was formerly supposed to be the surest application to allay the smarting pain. It is the contact with the air which gives the extreme discomfort experienced from the ordinary accident of this kind, and anything which excludes the air and prevents inflammation is the thing to be applied.

(3) The following is one of the best applications we know of in cases of burns or scalds, more especially where a large surface is denuded of the skin: Take one dram of finely-powdered alum, and mix thoroughly with the whites of two eggs and one teacup of fresh lard; spread on a cloth, and apply to the parts burned. It gives almost instant relief from pain, and, by excluding the air, prevents inflammatory action. The application should be changed at least once a day.

(4) Common baking soda—the bicarbonate—has been found to cure burns or scalds, affording immediate relief when it is promptly applied. For a dry burn, the soda should be made into paste with water. For a scald or wet burned surface, the powdered soda (or borah will do) should be dusted on.

(5) It is said that charcoal is a sure cure for burns. By laying a small piece of cold charcoal on the burn, the pain subsides immediately. By leaving the charcoal on for an hour the wound is healed, as has been demonstrated on several occasions.

(6) For burns sweet oil and cotton are the standard remedies. If they are not at hand sprinkle the burned part with flour and wrap loosely with a soft cloth. Do not remove the dressing until the inflammation subsides, as it will break the new skin that is forming.

(7) One ounce of pulverized borah, one quart of boiling water, half ounce of pulverized alum. Shake up well and bottle. Wrap the burn up in soft linen, and keep constantly wet with the solution. Do not remove the linen until the burn is cured.

(8) Soak a piece of linen rag in linseed oil, suspend it from the tongs over a saucer, and ignite the lower end; the oil which drops from it, while consuming, should be applied, when cold, with a feather, to the burn or scald.

(9) Smear the scorched surface with glycerine, by means of a feather, then apply cotton wadding; lastly, cover with oil-silk. This treatment has been very successful in cases of recent occurrence.

(10) The true physiological way of treating burns and scalds is at once to exclude the air, with cotton batting, flour, scraped potato or anything that is handiest.

Cancer.—(1) The following is said to be a sure cure for cancer: A piece of sticking plaster is put over the cancer, with a circular piece cut out of the center, a little larger than the cancer, so that the cancer and a small circular rim of healthy skin next to it is exposed. Then a plaster, made of chloride of zinc, bloodroot and wheat flour, is spread on a piece of muslin, the size of this circular opening, and applied to the cancer for twenty-four hours. On removing it, the cancer will be found burned into, and appear of the color and hardness of an old shoe sole, and the circular rim outside of it will appear white and parboiled, as if scalded by hot steam. The wound is now dressed, and the outside rim soon separates, and the cancer comes out in a hard lump, and the place heals up. The plaster kills the cancer, so that it sloughs like dead flesh, and never

grows again. The remedy was discovered by Dr. King of London, and has been used by him for several years with unfailing success, and not a case has been known of the re-appearance of the cancer when this remedy has been applied.

(2) An old Indian cancer doctor in Oregon pronounces this a sure cure: Take common wood sorrel, bruise it on brass, spread it in the form of a poultice, and apply as long as the patient can bear; then apply bread and milk poultice until the patient can bear the wood sorrel again. Continue this until the cancer is drawn out by the roots.

(3) Take the blossoms of red clover and make tea of them, and drink freely. It will cure cancer in the stomach as well as on the surface.

Cankers.—Those whitish-looking specks which appear on the inside of the cheeks and lips, may be easily removed by touching them with burnt alum.

Catarrh.—(1) Ordinary cases of catarrh can be cured by snuffing up the nose a little table salt three or four times a day; but many cases of this troublesome complaint are caused by inability of the liver to perform its function properly. In such cases there is often a too alkaline condition of the blood. If persons thus afflicted will squeeze the juice of a good-sized lemon into a half-tumbler of water, and drink it without sugar just before dinner, they will, if they live abstemiously, be surprised to see how soon the catarrhal difficulty will diminish. When it fails to do so it may be considered as due to other causes.

(2) The catarrh, writes a correspondent, can be cured by a daily use of raw onions as an article of food; at the same time use a snuff made of white sugar, laundry starch, and burned alum, pulverized and mixed in equal quantities—to be used the same as other snuff.

(3) A most unfailing remedy for catarrh is to smoke crushed cubeb berries in a clay pipe and swallow the smoke. They can be procured at any drug store, at a moderate cost. Try it.

(4) Put one tablespoonful of iodobromide of calcium comp, into a teacupful of warm water. Snuff it up the nose night and morning. It is very cleansing and healing.

(5) Burn a piece of alum on the stove until it becomes a white powder, and

use it as a snuff, and it will cure catarrh and is a good remedy for cold in the head.

(6) Take one pint of whisky, and add two ounces of sulphur; shake it up and take a tablespoonful three mornings, then miss three; so proceed until taken up.

Chapped Lips, Cure for.—Dissolve a lump of bees-wax in a small quantity of sweet oil—over a candle—let it cool, and it will be ready for use. Rubbing it warm on the lips two or three times will effect a cure.

Chilblains.—(1) Slice raw potatoes, with the skins on, and sprinkle over them a little salt, and as soon as the liquid therefrom settles in the bottom of the dish, wash with it the chilblains; one application is all that is necessary.

(2) An unfailing remedy for chilblains: A solution of thirty grains of permanganate of potassa in an ounce of pure water, to be applied thoroughly with brush or swab, or in the form of a poultice.

(3) Rub the part affected with brandy and salt, which hardens the feet at the same time that it removes the inflammation. Sometimes a third application cures the most obstinate chilblains.

(4) To relieve the intense itching of frosted feet, dissolve a lump of alum in a little water, and bathe the part with it, warming it before the fire. One or two applications is sure to give relief.

(5) Put the hands and feet once a week into hot water, in which two or three handfuls of common salt have been thrown. This is a certain preventive as well as a cure.

(6) In the evening, before retiring, take salt and vinegar made as hot as can be borne on the parts affected; bathe with a small cloth, and do so until cured.

(7) Mix together one ounce of turpentine and three-eighths of an ounce of oil of sassafras. Apply the solution morning and evening.

Child, Food for a young.—If a very young child has to be fed, take the top crust of good, sweet, home-made bread, soak it in cold water half an hour, and then boil twenty minutes, cover tight, then beat with a fork until smooth and sweet. This will agree with the stomach better than anything else.

Children, Nursing.—Mothers who

nurse their children should bear in mind that what they eat at such a time is of great importance, both to themselves and to the children. The very best article of food that they can avail themselves of is oatmeal mush or gruel, which is always delicious when properly cooked. The oatmeal furnishes the earthy phosphates and materials out of which good milk is made, so that the mother's own structures are not drawn upon, and her teeth are saved from decay.

Children's Falls.—A child rolls down the stairs, or falls from a height, and in either case strikes its head with force. What shall be done till the doctor comes? We would give the following directions, as nearly as possible in the order in which they should be adopted. Raise the child gently in the arms, and carrying to the nearest sofa or bed, place him on it—unless crying loudly, when he can be soothed quickest in his mother's arms. All the clothing should be loosened, especially about the neck, to afford the freest circulation of the blood to and from the head. To equalize the circulation and prevent inflammation the head should be kept cool and the extremities warm. Cooling lotions of arnica or witch-hazel and water or simply water should be applied to the head on thin cloths, well wrung out so as not to wet the pillows and bedclothes. Not more than two or four thicknesses of linen should be used, because thick cloths prevent evaporation, and what was intended to cool the head acts as a poultice and makes the head hotter. Ice and cold water should not be used unless the head be very hot, as it is believed children have been killed by the application of pounded ice to the head.

Bottles of hot water or hot irons are all that is necessary, beside the bed-clothing, to heat the extremities. All applications of mustard and other irritants possess no advantage over these, and have the disadvantage of disturbing the sufferer. Should the patient's face be very pale, and signs of fainting appear, camphor or ammonia should be applied to the nostrils, and a little brandy or wine be given.

Then the room should be made as quiet as possible and every means used to invite "Nature's sweet restorer," sleep. We know the popular idea is that patients suffering from any injury

to the head should be kept awake by all means; and it is mainly to combat this erroneous notion that we are prompted to write out these directions.

No injury—or degree of injury—of the head contra-indicates the sufferer's sleeping. In fact positive harm may be done in trying to prevent sleep. Rest is what the brain and blood vessels want more than any other thing; and, if not allowed, what would have passed off in a few hours or days may be prolonged into inflammation, with all its dangerous consequences.

Of course the air of the room should be kept pure—windows and doors open if the weather permit—and the presence of persons not absolutely necessary forbidden.

Children Teething, Ice for.—The pain of teething may be almost done away, and the health of the child benefited by giving it fine splinters of ice, picked off with a pin, to melt in its mouth. The instant quiet which succeeds hours of fretfulness is the best witness to this magic remedy.

Chills and Fever.—(1) One-half ounce spirits niter, one-half ounce tincture pepper, thirty-five grains quinine, one pint of brandy. Take a wine-glassful three times a day, one-half hour before meals. If for a child, give only half the quantity.

(2) If you have chills and fever, express the juice of three large lemons and drink it down. Continue so to do every other day until the disease is broken. We have known this treatment to cure when quinine had no effect.

(3) The following is said to be a remedy for fever and ague: Twenty-four grains of quinine, two drams of elixir of vitriol, twenty-two large tablespoonfuls of rain water. Dose, take each half hour through the day until taken up.

(4) Dissolve fifteen grains of citric acid in a cup of hot coffee, and drink it just before the chill attacks you. It has been known to cure the worst cases of this disease.

Choking.—To prevent choking, break an egg into a cup and give it to the person choking, to swallow. The white of the egg seems to catch around the obstacle and remove it. If one egg does not answer the purpose, try an-

other. The white is all that is necessary.

Cholera Infantum.—For cholera infantum, the whites of two eggs, well beaten; then mix with water; add one teaspoonful of orange-flower water and a little sugar; a tablespoonful every hour. It will, says an authority, cure the worst case of cholera infantum, the egg coating the bowels.

Cholera Morbus.—(1) The following is the recipe for the celebrated "Sun Cholera Mixture." Take equal parts of tincture of opium, tincture of capsicum, rhubarb, peppermint and camphor and mix. Dose from fifteen to twenty drops in four tablespoonfuls of water. Repeat the dose every half hour till relieved. This is also an excellent remedy for any ordinary laxity of the bowels, or summer complaint. In that case one dose, as above prescribed, twice in every 24 hours, will suffice for a cure, if taken in time.

(2) For cholera morbus, take black pepper and grind it tolerably fine. Then put in a glass a tablespoonful of this and a tablespoonful of salt, and fill about half full with warm water, then fill up the glass with good cider vinegar, and stir it up. Now take one tablespoonful, and then wait a little and take another, and keep on stirring and using it while the vomiting lasts. If one glass does not cure, try another.

(3) (Said to be a certain cure).—The ingredients are: One glassful of West India rum, one glassful of molasses, one glassful of spring water, and three tablespoonfuls of ginger. Mix them all together and take it. It is said to afford immediate relief.

Cold in the Head.—(1) This may sometimes be cured by inhaling through the nose the emanations of ammonia contained in a smelling-bottle. If the sense of the smell is completely obliterated, the bottle should be kept under the nose until the pungency of the volatile alkali is felt. The bottle is then removed, but only to be re-applied after a minute; the second application, however, should not be long, that the patient may bear it. This easy operation being repeated seven or eight times in the course of five minutes, but always very rapidly, except the first time, the nostrils become free, the sense of smell is restored, and the secretion of the irritating mucous is stopped. This remedy is said to be

peculiarly advantageous to singers.

(2) A cold in the head can be cured at once, if taken care of at the very beginning. Dissolve a tablespoonful of borah in a pint of hot water; let it stand until it becomes tepid; snuff some up the nostrils two or three times during the day, or use the dry, powdered borax like snuff, taking a pinch as often as required. At night have a handkerchief saturated with spirits of camphor, place it near the nostrils so as to inhale the fumes while sleeping.

(3) A hot lemonade is one of the best remedies in the world for a cold. It acts promptly and effectually, and has no unpleasant after effects. One lemon properly squeezed, cut in slices, put with sugar, and covered with half a pint of boiling water. Drink just before going to bed, and do not expose yourself on the following day. This remedy will ward off an attack of chills and fever if used properly.

(4) When one has a bad cold and the nose is closed up so that he cannot breathe through it, relief may be found instantly by putting a little camphor and water in the center of the hand and snuffing it up the nose. It is a great relief.

Colic.—(1) For the violent internal agony termed colic, take a teaspoonful of salt in a pint of water; drink and go to bed. It is one of the speediest remedies known. It will revive a person who seems almost dead from a heavy fall.

(2) Phares' method of treating colic consists in inversion—simply in turning the patient upside down. Colic of several days' duration has been relieved by this means in a few minutes.

(3) Dr. Tepliashin has recommended a thin stream of cold water from a teapot lifted from one to one and a half feet from the abdomen, in cases of colic. He has seen it relieve pain when opium and morphia had failed.

(4) A loaf of bread, hot from the oven, broken in two, and half of it placed upon the bowels, and the other half opposite it upon the back, will relieve colic from whatever cause almost immediately.

Colic in Infants.—Infants are very subject to colic from overfeeding, too early feeding, constipation, and many other causes. They often suffer terribly from these pains, tossing about, drawing up their legs, and screaming

vehemently. *Treatment.*—When it arises from costiveness, a teaspoonful or tablespoonful of castor oil will often remove the defect, and at or about the same time give three drops of essence of peppermint or spearmint, in a little sweetened water. A very little saleratus often gives relief, and paregoric in two to five-drop doses every hour, will give relief. Hot flannels applied over the bowels and stomach are useful, and often the infant can be greatly relieved by laying it upon the belly on the knee, trotting it and gently tapping its back; this must be done cautiously, for if unsuccessful it might increase the pains.

Complexion, Pearl-water for the.—Take castile soap, one pound; water, one gallon. Dissolve; then add alcohol, one quart; oil of rosemary and oil of lavender, of each two drams. Mix well.

Consumption.—(1) A correspondent in Canada writes this interesting and, perhaps, useful letter to *Chambers' Journal*: "Noticing an extract from the *World of Science*, in which a physician strongly recommends hot water in place of tea or coffee as a stimulant for the use of those requiring to study late at night, I would like to give my experience of it as a beneficial agent in consumption: Mrs.—, one of a family a number of whose members had died of consumption, was, after severe exposure to a snow-storm, seized with a serious cough and expectoration, accompanied with a loss of flesh. Examination by a physician showed that one lung was seriously affected. She was wholly confined to her room, and everything that medical attendance and loving care could do to mitigate her suffering was done, but ineffectually. The depressing night-sweats continued, together with loss of rest from repeated fits of coughing. Losing all faith in medicine some six months ago, its use was wholly abandoned and the use of nourishing diet only continued. About ten weeks ago the patient's attention was directed to a newspaper paragraph recommending hot water as a remedy for consumption. Feeling that little harm could ensue from its use, she determined to test it. At the moment of retiring a large tumbler of hot water, in which the juice of a lemon had been mixed to free it from nausea, was taken. In a

few moments a glow of warmth would pervade the lungs, chest, etc., quickly followed by the most refreshing sleep, which would be unbroken by any cough, and the patient would awake in the morning rested and strengthened. A few days ago she was seized with a fit of coughing, during which was coughed up into her mouth a small stone about the size of a pea—formed of sulphate of lime, I believe, and usually considered a symptom of the healing of a cavity in the lung.”

(2) A correspondent writes as follows about the flower of a well-known plant: “I have discovered a remedy for consumption. It has cured a number of cases after they had commenced bleeding at the lungs and the hectic flush was already on the cheek. After trying this remedy to my own satisfaction, I have thought that philanthropy required that I should let it be known to the world. It is common mullein, steeped strongly and sweetened with coffee sugar, and drank freely. Young or old plants are good, dried in the shade and kept in clean bags. The medicine must be continued from three to six months, according to the nature of the disease. It is very good for the blood vessels also. It strengthens and builds up the system instead of taking away the strength. It makes good blood and takes inflammation away from the lungs.”

(3) English physicians recommend the free use of lemons for consumption. It has long been known that they are excellent in the cure of rheumatism, and, fortunately, they are both cheap and grateful to the palate. A little sugar only should be used with them, and a dozen a day are none too many.

Consumption, The earliest sign of.—A quick pulse and a short breath, continuing for weeks together, is the great alarm bell of forming consumption; if these symptoms are attended with a gradual falling off in flesh, in the course of months, there is no rational ground for doubt, although the hack of a cough may never have been heard. Under such circumstances, there ought not to be an hour's delay in taking competent medical advice.

The vast mass of consumptives die, not far from the ages of twenty-five; and this, in connection with another fact, that consumption is several years in running its course, suggests one of

the most important practical conclusions yet announced, to wit:

In the large majority of cases, the seeds of consumption are sown between the ages of sixteen and twenty-one years, when the steadily excited pulse and the easily accelerated breathing, may readily be detected by an intelligent and observant parent, and should be regarded as the knell of death, if not arrested, and yet it is easily, and uniformly done, for the spirometer will demonstrate the early danger, and the educated physician will be at no loss to mark out the remedy.

The quick pulse and short breath go together; rather “easily put out of breath,” is the more common and appropriate expression.

Contagion, To prevent.—Impregnation of the atmosphere of a sick chamber when the patient is ill of diphtheria, measles, scarlet fever, or of any allied disease, with the odor of a mixture of equal parts of turpentine and carbolic acid, is recommended by a celebrated physician. Half a teaspoonful of mixture will be enough at a time, if it is put into a kettle of water kept near the boiling point. The odor gives some relief to the sufferer, and tends to prevent the spread of the malady.

Convulsions.—Dr. Williamson reports an interesting and remarkable case in which he saved the life of an infant in convulsions by the use of chloroform. He commenced the use of it at nine o'clock one evening, at which period the child was rapidly sinking, numerous remedies having been already tried without effect. He dropped half a dram of chloroform into a thin muslin handkerchief, and held it about an inch from the infant's face. In about two minutes the convulsions gave way, and the child fell into a sleep. By slightly releasing the child from the influence of the chloroform, he was able to administer food by which the child was nourished and strengthened. The chloroform was continually administered in the manner described, from Friday evening at nine o'clock until Monday morning at nine. This treatment lasted sixty hours, and sixteen ounces of chloroform were used. Dr. Williamson says he has no doubt that the chloroform was instrumental in saving the infant's life, and that no injurious effects, however trivial, from

the treatment adopted, have subsequently appeared.

Corns.—(1) For soft corns soak the feet well in hot water before going to bed, then pare down the corn, and, after having just moistened it, rub a little lunar caustic on the corn and just around the edge, till it turns light gray. By the next morning it will be black, and when the burnt skin peels off it will leave no vestige of the corn underneath. Of course, the corn is liable to return, but not for some length of time. Or, scrape a bit of common chalk, and put a pinch of the powder on the corn at night, binding a piece of linen round. Repeat this for a few days, when the corn will come off in little scales.

(2) Take quarter cup of strong vinegar, crumb finely into it some bread. Let stand half an hour, or until it softens into a good poultice. Then apply, on retiring at night. In the morning the soreness will be gone and the corn can be picked out. If the corn is a very obstinate one, it may require two or more applications to effect a cure.

(3) To cure corns, take a lemon, cut a piece of it off, then nick it so as to let in the toe with the corn. Tie this on at night so that it cannot move, and you will find the next morning that, with a blunt knife, the corn will come away to a great extent. Two or three applications will effect a thorough cure.

(4) For soft corns dip a piece of linen cloth in turpentine and wrap it around the toe on which the corn is situated, night and morning. The relief will be immediate, and, after a few days, the corn will disappear.

(5) Soft corns can be cured by this corn salve: Boil tobacco down to an extract, then mix with it a quantity of white pitch pine, and apply it to the corn, renewing it once a week until the corn disappears.

(6) Boil a potato in its skin, and after it is boiled take the skin and put the inside of it to the corn, and leave it on for about twelve hours; at the end of that period the corn will be nearly cured.

(7) Macerate the tender leaves of ivy in strong vinegar for eight or ten days, then apply to the corns by means of cloths or lint saturated with the liquor. In a few days the corns will drop off.

Corpulence. — For those people whose fleshiness is a matter of solici-

tude, whether because it is uncomfortable or unfashionable, the following diet is proposed by Dr. George Johnson: May eat—Lean mutton and beef, veal and lamb, soups not thickened, beef-tea and broth; poultry, game, fish and eggs; bread in moderation, greens, cress, lettuce, etc., green peas, cabbage, cauliflower, onions, fresh fruit without sugar. May not eat—Fat meat, bacon or ham, butter, cream, sugar, potatoes, carrots, parsnips, rice, sago, tapioca, macaroni, custard, pastry and puddings, sweet cakes. May drink—tea, coffee, cocoa from nibs, with milk, but no sugar; dry wines in moderation without sugar; light bitter beer, soda and seltzer water. May not drink—Milk, except sparingly; porter and stout, sweet ales, sweet wines. As a rule, alcoholic liquors should be taken sparingly, and never without food.

Cosmetics. — (1) Oatmeal may be used for beautifying the complexion in this way: Take a small quantity of meal and pour sufficient cold water over it to make a thin paste; then strain through a fine sieve and bath the face with the liquid, leaving it to dry upon the skin. This preparation renders the complexion very soft and white.

(2) Take an ordinary milk-pan, and fill it with the white flowers of the elderberry bush. The flowers should be covered with boiling water, placed out-of-doors in the sun for about three days, strained off, and bottled. The liquid should be of a dark mahogany color. It is an excellent lotion to remove sunburn and freckles.

(3) Squeeze a little lemon juice on a soft, wet rag, and pass the rag over the face a number of times before retiring at night. Repeat the operation as often during the following day as you find it convenient, allowing the juice of the lemon to dry on the face. In a week or so you will experience great benefit.

(4) Glycerine and lemon juice make a very good toilet article for improving the complexion. Mix before applying it. A convenient way of using these articles is to pour a little of the glycerine into the palm of the hand, then squeeze out a few drops of lemon, rub together, and apply to the face.

(5) Take half a cup of water, and add to it a tablespoonful of glycerine. Add to this a tablespoonful of alcohol and a teaspoonful of cologne. Apply with a sponge or a soft cotton cloth.

(6) An infusion of horseradish and milk, as a correspondent informs us, will make a most excellent, harmless, and effective cosmetic. It is certainly very easily tried.

(7) Melt one pound of soft soap over a slow fire, with half a pint of sweet oil, and add a teacupful of fine sand. Stir the mixture together until cold.

(8) Use a teaspoonful of powdered borax every morning in the basin of water, when washing the face or hands; also use it when taking a bath.

Costiveness.—(1) Bread and milk, though excellent for children in general, is not as good food for a costive child as bread made of corn-meal or graham flour. Wheat bread is not good for a very costive child. When medicine becomes necessary, a teaspoonful of magnesia dissolved in sweetened milk or water, and given morning and night, until the bowels become regular, is usually sufficient. Purgatives should be carefully avoided, except for a disordered stomach and then they become necessary. Well-ventilated sleeping-rooms, and frequent bathing, go further than most people suppose, toward keeping the body in a healthy condition. To mothers who nurse their infants, we say, if the mother is regular, the child will be, and the reverse. Therefore, instead of dosing a child with medicine, let her diet for the evil, and save her little one much suffering. A lady correspondent some time since wrote us. "I have used, with much benefit, the herb known as thoroughwort, prepared by putting the dried herb in water, and letting it stand until it becomes bitter. A portion drank before each meal has proved the best remedy for costiveness I ever used."

(2) Common charcoal is highly recommended for costiveness. It may be taken either in tea or tablespoonful, or even larger doses, according to the exigencies of the case, mixed with molasses, repeating it as often as necessary. Bathe the bowels with pepper and vinegar. Or take two ounces of rhubarb, add one ounce of rust of iron, infuse in one quart of wine. Half a wineglassful every morning. Or take pulverized bloodroot, one dram; pulverized rhubarb, one dram; Castile soap, two scruples. Mix and roll into thirty-two pills. Take one morning and night. By following these directions it may perhaps save you from a

severe attack of piles, or some other kindred disease.

Coughs and Colds.—(1) An old-fashioned remedy for a cold: A warm "stew," getting into bed with covering well tucked in, hot bricks to feet, and drinking abundantly of hot teas until there is a dripping perspiration, to be kept up an hour or two or more until the system is relieved, and then to cool off very gradually in the course of another hour, is derisively styled "an old woman's remedy;" but for all that it will break up any cold taken within thirty-six hours; it will promptly relieve many of the most painful forms of sudden disease, with the advantage of being without danger, gives no shock to the system, nor wastes its strength.

(2) Borax has proved a most effective remedy in certain forms of colds. In sudden hoarseness or loss of voice in public speakers or singers, from colds, relief for an hour or so may be obtained by slowly dissolving, and partially swallowing, a lump of borax the size of a garden pea, or about three or four grains held in the mouth for ten or fifteen minutes before speaking or singing. This produces a profuse secretion of saliva, or "watering" of the mouth and throat, just as wetting brings back the missing notes to a flute when it is too dry.

(3) The following remedy, communicated by a Russian, as the usual mode of getting rid of those complaints in that part of Russia from whence he came, is simple, and we can, from experience, also vouch for its efficacy. It is no other than a strong tea of elder flowers, sweetened with honey, either fresh or dried. A basin of this tea is to be drank as hot as possible, after the person is warm in bed; it produces a strong perspiration, and a slight cold or cough yields to it immediately, but the most stubborn requires two or three repetitions.

(4) To a pint and a half of water, add two large poppy-heads, and two large lemons. Boil them till they are soft, press the lemons into the water, strain the liquor, and add half a dram of saffron, and half a pound of brown sugar-candy, pounded. Boil all together till the sugar-candy is dissolved; stir the whole till you perceive it will jelly; strain it a second time, and take the seeds from the poppies.

(5) Put five cents' worth of pine pitch into a pint of water. Let it simmer until the water is well impregnated with the flavor. Dip out the gum which remains undissolved and add honey enough to sweeten and make a thick syrup. Strain this and bottle. Dose, a teaspoonful four or five times a day, according to the severity of the cough. It will afford speedy relief.

(6) Take two ounces of balm of gilead buds, the freshest you can procure, and boil them very slowly in a quart of water. Let it simmer down to one pint, then strain it, and then add one pound of honey in comb, with the juice of three lemons. Let them all boil together until the wax in the honey is dissolved. This has been known to cure a cough of long standing.

(7) Melt some resin at night on going to bed, and let the smoke from it fill the room. Inhaling the smoke heals the inflammation, and sleep is often produced when one could not sleep before for much coughing. Persevere until a cure is effected. A change for the better should be felt within a week.

(8) For colds, coughs, croup, or lung fever, take lard or sweet oil, two parts; coal oil, two parts; spirits of camphor, one part; spirits of turpentine, one part; saturate flannel and apply to the throat and chest warm.

Cramp in bathing.—For the cure of the cramp when swimming, Dr. Franklin recommends a vigorous and violent shock to the part affected, by suddenly and forcibly stretching out the leg, which should be darted out of the water into the air if possible.

Cramp in the Leg.—A garter applied tightly round the limb affected will, in most cases, speedily remove the complaint. When it is more obstinate, a brick should be heated, wrapped in a flannel bag, and placed at the foot of the bed, against which the person troubled may place his feet. No remedy, however, is equal to that of diligent and long-continued friction.

Cramps.—A correspondent gives the following directions for the relief of cramps. When the cramp is in the calf of the leg, draw up the foot strongly toward the shin bone, and in a few seconds the cramp will disappear. When they are in the thighs or arms, tie a towel, cord, or handkerchief around the limb, just above the cramped part,

and then rub this part with the naked hand alone, or using some stimulating liniment like spirits of camphor or red-peppered whisky. The preparation may also be rubbed upon the neck when cramps attack this part. Cramps in the stomach may be checked by first strongly rubbing and kneading over the stomach, and then rubbing upon and around the pit of the stomach a mixture of equal parts of sweet oil or linseed oil, essence of peppermint, laudanum, and spirits of camphor.

Croup.—There are various remedies for this enemy in the nursery. As in other diseases, prevention is better than cure. Children liable to croup should not play out-of-doors after three o'clock in the afternoon. If a woolen shawl is closely pinned around the neck of the patient when the first symptoms of croup appear the attack may be diminished in power. The child struggling for breath naturally throws its arms out of bed to breathe through its pores, and thus takes more cold and increases its trouble. Bichromate of potassa in minute doses—as much as will rest on the point of a penknife—given every hour till relief is obtained is the best remedy we have ever tried. Mustard plasters on the ankles, wrist and chest, will draw the blood from the throat and relieve it, cloths wrung from hot water and placed about the chest and throat and wrapped with flannel, give relief. A teaspoonful of alum pulverized and mixed with twice its quantity of sugar, to make it palatable, will give almost instant help. Another remedy is the following: Take equal parts of soda or saleratus and syrup or molasses; mix and give a teaspoonful for a child two years, larger doses for older children, smaller for nursing babies. Repeat the doses at short intervals until the phlegm is all thrown up, and upon each recurrence of the symptoms. Or, grate a raw onion, strain out the juice, and to two parts of the juice put one part of castor oil; keep it well corked in a bottle, shake well, give one teaspoonful once in two or three hours. Or, take two parts sweet lard and six parts pulverized sugar, mix thoroughly, and give a teaspoonful every fifteen minutes until relief is obtained. Among the many remedies given we hope that one or more may be available to every mother who needs aid in this matter.

Dandruff.—(1) A preparation of one

ounce of sulphur and one quart of water, repeatedly agitated during intervals of a few hours, and the head saturated every morning with the clear liquid, will, in a few weeks, remove every trace of dandruff from the scalp, and the hair will soon become soft and glossy.

(2) There is no simpler or better remedy for this vegetative appearance (caused by dryness of the skin) than a wash of camphor and borax—an ounce of each put into a pint and a half of cold water; and afterward rub a little pure oil into the scalp.

Dangers of Childhood.—Childhood is the period during which the foundations of the physical structure are laid. It ends, at the age of about fourteen, with the completion of the permanent teeth. It is characterized by almost absolute dependence on the parents, and therefore the responsibility rests upon them whether the foundations of the superstructure shall be good or bad, and, indeed, whether there shall be any superstructure! The fact that one-half of all who are born die within this period, while multitudes of adults find, when it is too late, fatal defects in the very groundwork of their constitutions, is a fearful witness against the competency of most parents for the care of children. What farmer would employ a hand that let one-half of all his calves, colts and lambs die? In the matter of food, if milk fails the mother, how few mothers know what to give the child! How few know that many of the compounds sold as "Infants' food" contain no food whatever! and that cow's milk, harmful when taken alone, is generally safe with a certain proportion of lime-water! How few mothers know that too protracted nursing will result in "rickets?" That overfeeding all through childhood is a prolific source of disease? and that, in case of most bowel complaints, a spare diet for a few days is better than all medicines? In our climate, where the mercury ranges through 140 degrees and often varies between the extremes suddenly and violently, how little do mothers realize the importance of aiding nature, with clothing and food, so that the internal temperature is held steadily at 98 degrees? Do you know that a change of half a dozen degrees of the internal temperature, either way, is almost sure death? The great mortality of children

in summer is due mainly to heat. An abundance of woollen clothing alone can guard against the effects of the violent changes in the climate of the autumn and winter and spring. How few are aware that the infectious diseases which so ravage childhood, are caused by careless exposure to the contagion, or, if aware, act accordingly?

Deafness.—Put a tablespoonful of bay-salt into nearly half a pint of cold spring water; and after it has steeped therein for twenty-four hours, now and then shaking the vial, pour a small teaspoonful in the ear most affected, nightly, when in bed, for seven or eight successive nights.

Diarrhea.—(1) It is said the small plant commonly known by the name rupturewort, made into tea, and drank frequently, is a sure cure for diarrhea. Rupturewort grows in nearly every open lot, and along the roads. It is a small plant throwing out a number of shoots in a horizontal direction, and lying close to the ground, something similar to the manner of the pusley-weed, and bears a small, dark green leaf, with an oblong, purple spot in the center. When the stem is broken, a white milky substance will ooze from the wound. It is very palatable, and infants take it as readily as any drink. This is an old Indian cure, and may be relied on. The botanical name of this plant is *Euphorbia Maculata*.

(2) Blackberry cordial is said to be almost a specific for summer complaint or diarrhea. From a teaspoonful to a wineglass is to be taken, according to the age of the patient, until relieved. Following is a recipe for making blackberry cordial: To two quarts of juice add one pound of white sugar; half ounce nutmeg, half ounce cinnamon, pulverized; half ounce cloves, pulverized. Boil all together for a short time, and when cold add a pint of brandy.

(3) Take Indian corn, roasted and ground in the manner of coffee, or coarse meal browned, and boil in a sufficient quantity of water to produce a strong liquid, like coffee, and drink a teacupful warm, two or three times a day. One day's practice, it is said, will ordinarily effect a cure.

(4) The ingredients are: Sulphate of morphia, one grain; Glauber salts, quarter of an ounce; water, two ounces. Dose: A teaspoonful twice a day. If attended with much pain and loose-

ness, administer this medicine every two hours.

(5) A strong solution of bicarbonate of soda (baking soda) taken frequently is a reliable remedy for diarrhea troubles, particularly those arising from acidity of the stomach.

Diarrhea, Diet during.—Tea without milk, and very little sugar; mutton and chicken broths, or beef tea, thickened with a little flour or arrowroot; boiled rice, tapioca, sago; rice-water or toast-water to drink. If the attack is severe, or of long continuance, the patient must be kept in bed. The feet must be kept warm, and the covering to suit the feelings of the patient.

Dieting for Health.—This has sent many a one to the grave, and will send many more, because it is done injudiciously or ignorantly. One man omits his dinner by a herculean effort, and thinking he has accomplished wonders, expects wonderful results; but by the time supper is ready, he feels as hungry as a dog, and eats like one—fast, furious and long. Next day he is worse, and “don’t believe in dieting” for the remainder of life.

Others set out to starve themselves into health, until the system is reduced so low that it has no power of resuscitation, and the man dies.

To diet wisely, does not imply a total abstinence from all food, but the taking of just enough, or of a quality adapted to the nature of the case. Loose bowels weaken very rapidly—total abstinence from all food increases the debility. In this case, food should be taken which, while it tends to arrest the disease, imparts nutriment and strength to the system. In this case, rest on a bed, and eating boiled rice, after it has been parched like coffee, will cure three cases out of four of common diarrhea in a day or two.

Others think that, in order to diet effectually, it is all important to do without meat, but allow themselves the widest liberty in all else. But in many cases, dyspeptic conditions of the system particularly, the course ought to be reversed, because meat is converted into nutriment, with the expenditure of less stomach power than vegetables, while a given amount of work does three times as much good, gives three times as much nutriment and strength as vegetable food would.

Diphtheria.—(1) Dr. Chenery, of Boston, has lately discovered that hyposulphite of soda is the specific remedy against diphtheria, that so much dreaded ailment, which of late years has carried off many valuable lives. He reports a very large number of cases saved by the use of this remedy. The dose of the hyposulphite is from five to fifteen grains or more in syrup, every two to four hours, according to age and circumstances. It can do no harm, but if too much is given it will purge; as much as the patient can bear without purging is a good rule in the severer cases. The solution or mixture can be used in doses of five drops to half a dram in milk. The amount for thorough stimulation is greater than can be taken in water. The doctor usually gives it in such doses as can be easily taken in milk, using milk beside as a food for small children. One fact, however, needs to be borne in mind, namely, the hyposulphite prevents the digestion of milk, and it should not be given in less than an hour after taking the medicine. They may be used alternately, however, without interference, in sufficiently frequent doses.

(2) The treatment consists in thoroughly swabbing the back of the mouth and throat with a wash made thus: Table salt, two drams; black pepper, golden seal, nitrate of potash, alum, one dram each. Mix and pulverize, put into a teacup half full of water, stir well, and then fill up with good vinegar. Use every half hour, one, two and four hours, as recovery progresses. The patient may swallow a little each time. Apply one ounce each of spirits of turpentine, sweet oil, and aqua ammonia, mixed, every hour, to the whole of the throat, and to the breast bone every four hours, keeping flannel to the part.

(3) A correspondent writes that he has used the following remedy for diphtheria in a great many hard cases, and in not one has it failed to effect a cure. It is as follows: Procure some pitch tar—not gas tar—put a little on a hot iron, invert funnel over the smoke, and let the patient inhale as much as he can for a few minutes five or six times a day. During the intervals let the patient have small pieces of ice to keep as near the root of the tongue as possible.

(4) In France lemon juice is in high repute as a remedy for diphtheria. As a local application it is preferred to chlorate of potash, nitrate of silver,

perchloride of iron, alum or lime-water. It is used by dipping a little plug of cotton wool twisted around a wire in the juice, and pressing it against the diseased surface four or five times daily.

(5) A gargle of sulphur and water has been used with much success in cases of diphtheria. Let the patient swallow a little of the mixture. Or, when you discover that your throat is a little sore, bind a strip of flannel around the throat, wet in camphor, and gargle salt and vinegar occasionally.

(6) Take a common tobacco pipe, place a live coal within the bowl, drop a little tar upon the coal, and let the patient draw smoke into the mouth, and discharge it through the nostrils. The remedy is safe and simple, and should be tried whenever occasion may require.

Disinfect a Room, A cheap and simple way to.—Heat a common iron fire-shovel hot, but not quite red hot, and pour an ounce of carbolic acid fluid on it. The fumes will penetrate the room everywhere and cleanse the air of its impurities. This should be repeated daily so long as it is necessary.

Disinfectant, A simple.—The following is a refreshing disinfectant for a sick-room, or any room that has an unpleasant aroma pervading it: Put some fresh ground coffee in a saucer, and in the center place a small piece of camphor gum, which light with a match. As the gum burns allow sufficient coffee to consume with it. The perfume is very pleasant and healthful—being far superior to pastiles and very much cheaper.

Dropsy.—(1) Take one pint of bruised mustard seed, two handfuls of bruised horseradish root, eight ounces of lignum-vitæ chips, and four ounces of bruised Indian hemproot. Put all the ingredients in seven quarts of cider, and let it simmer over a slow fire until it is reduced to four quarts. Strain the decoction, and take a wine-glassful four times a day for a few days, increasing the dose to a small tea-cupful three times a day. After which use tonic medicines. This remedy has cured cases of dropsy in one week's time which has baffled the skill of many eminent physicians. For children the dose should be smaller.

(2) The ingredients are: Acetate of

squills, one ounce; nitrate of potash, sixty grains; water, five ounces. Dose: A tablespoonful every two hours.

(3) It is said that a tea made of chestnut leaves, and drank in the place of water, will cure the most obstinate case of dropsy in a few days.

Drowning, To restore the.—The rules that ought to be observed in treating a person rescued from the water are few and simple. Dr. H. R. Silvester's methods of restoring the apparently dead or drowned—which have been approved by the royal medical and chirurgical society—are practical, easily understood, and are in accordance with common sense. The one important point to be aimed at is, of course, the restoration of breathing, and the efforts to accomplish this should be persevered in until the arrival of medical assistance, or until the pulse and breath have ceased for at least an hour. Cleanse the mouth and nostrils, open the mouth, draw forward the patient's tongue with a handkerchief, and keep it forward; remove all tight clothing from about the neck and chest. As to the patient's position, place him on his back on a flat surface, inclined a little from the feet upward; raise and support the head and shoulders on a small, firm cushion or folded article of dress placed under the shoulder blades. Then grasp the arms just above the elbows, and draw the arms gently and steadily upward, until they meet above the head (this is for the purpose of drawing air into the lungs); and keep the arms in that position for two seconds. Then turn down the patient's arms, and press them gently and firmly for two seconds against the sides of the chest (with the object of pressing air out of the lungs, pressure on the breast bone will aid this). Repeat these measures alternately, deliberately and perseveringly, fifteen times in a minute, until a spontaneous effort to respire is perceived, upon which cease to imitate the movements of breathing, and proceed to induce circulation and warmth. This may be done by wrapping the patient in dry blankets and rubbing the limbs upward, firmly and energetically. Promote the warmth of the body by the application of hot flannels, bottles of hot water, etc., to the pit of the stomach, the armpits, and to the soles of the feet. Warm clothing may generally be obtained

from a by-stander. On the restoration of life, stimulants should be given, and a disposition to sleep encouraged.

Dysentery.—(1) Dysentery, or inflammation of the great intestine, prevails in the autumnal season more particularly, and in low-lying and marshy districts. It occasionally occurs also as an epidemic in overcrowded institutions and unhealthy localities. Treatment: Dysentery attacks those soonest whose blood is impoverished and whose vital powers are generally depressed from some cause—a fact which suggests a building-up plan of treatment. Although dysentery commences in the great intestine, the liver soon becomes secondarily affected, and it, therefore, behooves the patient to be very cautious as to the amount of stimulation he subjects himself to; malt liquors and spirits are not permissible. His food, too, must be of the lightest kind. The following medicines will be found most useful: Castor-oil mixture: Take of castor-oil, six drams; compound powder of tragacanth, one ounce; cinnamon water, six ounces. Take a sixth part three times a day. The nitric acid mixture: Take of dilute nitric acid, two drams; spirit of chloroform, two drams; tincture of opium, half a dram; peppermint water, six ounces. Take two tablespoonfuls every four hours. With either of the above mixtures a powder containing three grains of ipecacuanha and six grains of sugar may be taken every night and morning. Ipecacuanha becomes an invaluable medicine in dysentery, by virtue of the specific power it exerts on all mucous membranes in causing increased action of their mucous follicles; and thus it is that it gives so much relief to the dysenteric patient, in whom the dry and, perhaps, ulcerated surface of the intestine is soothed and lubricated by an increased flow of mucus.

(2) The egg is considered one of the best of remedies for dysentery. Beaten up slightly, with or without sugar, and swallowed at a gulp, it tends, by its emollient qualities, to lessen the inflammation of the stomach and intestine, and, by forming a transient coating on these organs, to enable nature to resume her healthful sway over a diseased body. Two, or at most three eggs per day, would be all that is required in ordinary cases, and since egg is not merely medicine but food as well,

the lighter the diet otherwise and the quieter the patient is kept the more certain and rapid is the recovery.

(3) Take one pint of best wine vinegar, and add half a pound of best loaf sugar. Simmer them together in a pewter vessel, with a pewter top. Let the patient drink this during the day—a small quantity at a time—either clear, or diluted with water.

Dyspepsia.—(1) We have seen dyspeptics who suffered untold torments with almost every kind of food; no liquid could be taken without suffering; bread became a burning acid; meat and milk were solid liquid fires; and we have seen their torments pass away, and their hunger relieved by living on the white of eggs which have been boiled in bubbling water for thirty minutes. At the end of a week we have given the half yolk of the egg with the white, and upon this diet alone, without food of any kind, we have seen them begin to gain flesh and strength, and quiet, refreshing sleep. After weeks of this treatment they have been able, with care, to begin upon other food. And all this without taking medicine. Hard-boiled eggs are not half so bad as half-boiled ones, and ten times as easy to digest as raw eggs, even in egg-nog.

(2) Milk and lime-water is said to prove beneficial in dyspepsia and weakness of the stomach. The way to make the lime-water is simply to procure a few lumps of unslaked lime, put the lime in a fruit can, add water until it is slaked and of the consistency of thin cream; the lime settles, and leaves the pure and clear lime-water at the top. A goblet of cow's milk may have six or eight teaspoonfuls of lime-water added with good effect. Great care should be taken not to get the lime-water too strong; pour off without disturbing the precipitated line. Sickness of the stomach is promptly relieved by a teacupful of warm water with a teaspoonful of soda dissolved in it. If it brings the offending matter up, all the better.

(3) Dr. Nichols, who has made a series of dietetic experiments on himself, has arrived at the conclusion that, if the stomach is allowed to rest, any case of dyspepsia may be cured; that the diet question was at the root of all diseases; that pure blood can only be made from pure food, and that, if the drink of a nation were pure and free from stimulating qualities, and the food was

also pure, the result would be pure health.

(4) In mild cases take one teaspoonful sweet oil, after eating, three times a day. In severe forms take a dessert-spoonful. This followed up has cured cases where doctors have given them up. Ye who suffer from this dread disease, don't fail to try it; surely it can not hurt you.

(5) Burn alum until the moisture in it is evaporated, then take as much as you can put on a dime, about half an hour before eating. Three or four days probably will answer; but take it until cured.

Earache.—(1) As soon as any soreness is felt in the ear—which feeling always precedes the regular ache—let three or four drops of tincture of arnica be poured in, and then the orifice filled with a little cotton to exclude the air, and in a short time the uneasiness is forgotten. If the arnica is not resorted to until there is actual pain, the cure may not be so speedy, but it is just as certain. If one application of the arnica does not effect a cure, it will be necessary to repeat it, it may be, several times.

(2) Persons will find relief for earache by putting in a spoon two or three drops of sweet oil, or, better still, almond oil, the same of molasses and laudanum, warming it altogether. Absorb some of the mixture in cotton wool; put it in the ear, with a piece of wool outside to keep out the cold air, repeating the thing if necessary. A roast onion heart dipped in this and surrounded with the cotton is also often very efficacious.

(3) The most effectual remedy has been a small clove of garlic, steeped for a few minutes in warm salad oil, and put into the ear rolled up in muslin or thin linen. In some time the garlic is reduced to a pulp, and having accomplished its object should be replaced with cotton to prevent the patient getting cold.

(4) To cure earache take a bit of cotton batting, put upon it a pinch of black pepper, gather it up and tie it, dip in sweet oil and insert into the ear. Put a flannel bandage over the head and keep it warm. It will give immediate relief.

(5) Dissolve asafetida in water; warm a few drops and drop in the ear, then cork the ear with cotton.

Ear, Deficiency of wax in the.—Deafness is sometimes the consequence

of a morbidly dry state of the inner passages of the ear. In such cases, introduce a bit of cotton wool dipped in an equal mixture of oil of turpentine and oil of almonds, or in the liniment of carbonate of ammonia.

Ear, Removing substance from the.—Take a horse-hair about six inches long, and double it so as to make a loop at one end. Introduce this loop as deeply as possible into the auditory canal, and twist it gently around. After one or two turns, according to the originator of the plan, the foreign body is drawn out with the loop. The method is ingenious, and at all events causes little pain, and can do no harm.

Emetic, A prompt.—The ingredients are: Tartar emetic, one grain; powdered ipecac, twenty grains. Take the above in a wineglassful of sweetened water.

Enlarged Neck.—To cure enlarged neck, take two tablespoonfuls of salt, two of borax and two of alum, dissolve in two of water and apply three times a day for three weeks.

Erysipelas.—(1) We have found sour milk, buttermilk, or whey therefrom, an excellent remedy to apply for the erysipelas as a wash. Also to apply glycerine twice or three times a day; it has a soothing effect. We have many times applied the milk hot, and found it allayed the inflammation better than cold applications, and far less troublesome than poultices.

(2) Erysipelas is of two kinds—one affecting principally the skin, the other the whole system. In mild cases, affecting the skin only, lemonade made from the fresh fruit helps the patient very much, being, in addition, very grateful to the palate.

(3) As a local application, slippery elm has been found efficacious. Make a mucilage of it, and apply it warm on cloths to the face. Sometimes common flour, dusted on the inflamed parts, will afford relief.

(4) One pint of sweet milk and a handful of pokeberry roots. This is a sure cure.

(5) Make a poultice of cranberries, and apply to the face.

Eye, Dust in the.—(1) If a cinder or bit of dust gets into the eye do not rub the eyeball; that only irritates it. If

the intruder is beneath the upper eyelid, lift the upper lid with the thumb and finger of the right hand, and with the forefinger of the left hand raise upward the under eyelid while you pull down over it the upper lid. This will seldom fail to remove the cinder, the soft skin and eyelashes taking it off without injuring the eyeball.

(2) A small camel's-hair brush, dipped in water and passed over the ball of the eye on raising the lid. The operation requires no skill, takes but a moment, and instantly removes any cinder or particle of dust or dirt, without inflaming the eye.

(3) To remove specks of dirt from the eye, immerse it in cold water, then roll and wink it rapidly, still keeping it in the water, till the desired result is accomplished. In cases of slight inflammation or dryness of the eye, this bath has a good effect. Use tepid, slightly salted water, instead of the cold.

(4) A celebrated oculist in Utrecht recommends, in all cases where dirt, lime, or specks get into the eyes, that the sufferer have pure olive oil poured in until everything of a hurtful nature is removed. The remedy is quite painless, and never fails to remove all foreign substances.

Eyes, Scrofulous sore.—Take blue violets, which are growing wild in most places, dig them up, top and root, wash clean, dry and make a tea; drink several times a day, wetting the eyes each time, and it will soon cure.

Eyes, Sore.—Get the roots of linwood (some call it bass-wood), wash and scrape the outer bark clean, then scrape the inner bark very fine, filling a tumbler about one-third full. Then fill the tumbler nearly full of rain-water. It will, in a little while, thicken like jelly. Now take a thin, soft cloth, the thinner the better, put some of the mucilage between two pieces and place it upon the eyes. It is very soothing.

Eyes, Weak and inflamed.—(1) Borax, half dram; camphor water, three ounces. The above simple prescription is in common use by the highest medical authorities. It makes a wash unexcelled for the treatment of inflammation of the eyes. In using it lean the head back and drop three drops in the corner of each, and then open the eyes and let it work in. Use it as often, as the eyes feel badly.

(2) When the eyes become inflamed from any cause, do not rub them at all—such irritation is dangerous—but bathe them in tepid milk and water, keep the bowels open by some gentle medicine and eat little meat. The eyes are very sensitive to the state of the stomach. Avoid the glare of strong light.

(3) Bathe your eyes night and morning in a tolerably strong solution of salt and water. We have known some remarkable cures effected by this simple remedy. After bathing the eyes daily for about a week, intermit a day or two, and then resume the daily bathing, and so on till your eyes get strong again.

(4) Take rose leaves, the more the better, and put them into a little water, then boil; after this strain it into a bottle and cork it tight. You will find this liquid very beneficial in removing redness and weakness from the eyes.

(5) Cut a slice of stale bread as thin as possible; toast both sides well, but do not burn; when cold, lay in cold spring or ice water; put between a piece of old linen and apply, changing when it gets warm.

(6) Take half an ounce of Golden Seal (you will find it at the drug stores), pour one-half pint boiling water upon it and let it cool. Bathe the eyes with a linen rag dipped in this, each night on going to bed, and you will soon effect a cure.

(7) Three or five grains of alum dissolved in half a pint of water, and applied to the eyes whenever they are weak or inflamed.

(8) Scrape a raw potato; use as a poultice; or slippery elm. Bath with warm water or rose-water.

Face, Black spots on the.—The black spots on the face are not always what are called flesh-worms. What are mistaken for them are produced in this way: The skin may be coarse, and the ducts, being large, collect the perspiration, which hardens and blackens, and hence the common supposition of there being grubs or maggots in the skin. The remedy is simple. Clean the part affected by squeezing out the substance that is lodged, and then use a lotion of diluted spirits of wine several times a day, until the blotches have disappeared. If they are really flesh-worms take something to purify your blood—sulphur or sarsaparilla.

Face, Eruptions on the.—Dissolve an ounce of borax in a quart of water, and apply this with a fine sponge every evening before going to bed. This will smooth the skin when the eruptions do not proceed from an insect working under the cuticle. Many persons' faces are disfigured by red eruptions caused by a small creature working under the skin. A very excellent remedy is to take the flour of sulphur and rub it on the face dry, after washing it in the morning. Rub it well with the fingers, and then wipe it off with a dry towel. There are many who are not a little ashamed of their faces, who can be cured if they follow these directions.

Fainting.—Fainting is caused by the blood leaving the brain. Place the patient flat and allow the head to be lower than the body. Sprinkle cold water on the face. Hartshorn may be held near the nose, not to it. A half teaspoonful of aromatic spirits of ammonia, in a wine-glassful of water, will tend to revive the patient. If the symptoms recur, send for a physician.

Feet and Ankles, Swelled.—Take plaintain leaves (which can be found in almost any grass-plot, and in our public parks); wilt them by putting separately between the hands; cover the swollen parts with them, and keep in place by wrapping the limb with rags or a towel on going to bed at night, or keep them on during the day if not obliged to be upon the feet. A cure will be speedily effected.

Feet, Cold.—Cold feet are the precursors of consumption. To escape them, warm your feet well in the morning, and covering the sole with a piece of common paper, carefully draw on the sock, and then the boot or shoe.

Feet, Relief for the.—Every woman who is obliged to stand at the ironing-table for hours during July and August, finds that her feet are prolific sources of suffering. Even if she is wise enough to wear thick soled shoes, she will find her lot a hard one. One little thing can be done to relieve her somewhat. Take an old comforter, or part of one, fold it in just as many thicknesses as is possible to make it soft, and yet perfectly easy to stand on. Her feet will be cooler, and when she is through with her work she will not have the stinging and burning sensa-

tion which is as hard to bear as pain is. It is a good plan to have a good supply of holders, so that she can change them often.

Feet, Swelled.—For swelled feet a good remedy will be found in bathing them in vinegar and water.

Felons.—(1) Felons, which are usually termed "Whitlow" by physicians, we believe, are a very painful and often very serious affection of the fingers, generally of the last joints, and often near or involving the nails. As the fingers are much exposed to bruises, felons are quite common among those who constantly use their hands at hard work. If allowed to continue until matter (pus) forms, and the periosteum or bone sheathing is affected, lancing is necessary; but if taken in time, a simple application of copal varnish, covering it with a bandage, is highly recommended. If the varnish becomes dry and unpleasantly hard, a little fresh varnish may be applied from time to time. When a cure is effected, the varnish is easily removed by rubbing into it a little lard and washing with soap and water. Dr. A. B. Isham details, in *Medical News*, a number of cases of its application with uniform success, where formations of pus had not previously occurred. "In two cases there were apparently a combination of the 'run-round' with a felon, and in all of them there was swelling, redness, heat and great pain. He suggests the use of copal varnish for felons, run-rounds, boils, and any local acute inflammations of external parts.

(2) Take the root of the plant known as dragon root, Jack-in-the-pulpit, or Indian turnip, either green or dry; grate about one-half a teaspoonful into four tablespoonfuls of sweet milk; simmer gently a few minutes, then thicken with bread-crumbs, and apply as hot as possible. This can be heated again two or three times, adding a little milk each time. If the felon is just starting, this will drive it back; if somewhat advanced will draw it out quickly and gently. It is well to put a little tallow on the poultice, especially after opening, to prevent sticking. This same poultice is good for a carbuncle or anything rising.

(3) Many persons are liable to extreme suffering from felons on the finger. The following prescription is

recommended as a cure for the distressing ailment: Take common rock salt, such as is used for salting down pork or beef, dry it in an oven, then pound it fine and mix with spirits of turpentine in equal parts. Put it on a rag and wrap it around the part affected, and as it gets dry put on more, and in twenty-four hours you are cured—the felon is dead.

(4) The following directions carefully observed, will prevent those circular and osseous abominations, known as felons. As soon as the disease is felt, put directly over the spot, a fly blister, about the size of your thumb nail, and let it remain for six hours, at the expiration of which time, directly under the surface of the blister, may be seen the felon, which can instantly be taken out with the point of a needle or lancet.

(5) At first great relief is obtained by soaking the part in half a gill of strong vinegar, in which has been dissolved one tablespoonful of saleratus. Use it as hot as it can be borne, and repeat as often as the pain returns. A thimbleful of unslacked lime and soft soap has cured some cases in a few hours. If matter forms, it had better be poulticed and lanced, or it will be painful from two to six weeks.

(6) As soon as it makes its appearance apply a poultice, of equal parts of saltpeter and brimstone, mix with sufficient lard to make a paste, and renew as soon as it gets dry. A few applications will effect a cure.

Fever, Treatment for.—If the patient has a burning fever, take an earthen wash-bowl, fill two-thirds full of tepid water, in which put one tablespoonful of common baking soda; then bathe the face, body, and limbs freely with it and wipe dry. This treatment for fever was learned from one of our best physicians.

Fits.—(1) When these are brought on by indigestion, place the child in a warm bath immediately, give warm water, or a lobelia emetic, rub the skin briskly, etc., to get up an action. In brain disease the warm water is equally useful. In fact, unless the fit is constitutional, the warm bath will relieve the patient by drawing the blood to the surface.

(2) Fits can be instantly cured by throwing a spoonful of fine salt as far back into the mouth of the patient

as possible, just as the fit comes on.

Fractures, To ascertain.—Fractures of the ribs may be ascertained by placing the tips of two or three fingers on the spot where the pain is, and desiring the patient to cough. If a rib be broken, a grating sensation will be felt. All that is necessary is to pass a broad bandage round the chest so tight as to prevent the motion of the ribs in breathing, and to observe a low diet.

Freckles.—(1) Freckles are easily removed by the following treatment, but the directions must be followed regularly: Five grains corrosive sublimate, two ounces alcohol, four ounces water. Apply two or three times during the day. At night use the following ointment: One ounce of white wax, one teacupful of nice white lard, lump of camphor the size of a chestnut, one teaspoonful glycerine. Put the wax and camphor in a tin to melt, crumbling the camphor; when melted, add the other ingredients. Stir thoroughly, and pour into molds which have been dipped in water. This recipe will be found to remove pimples as well as tan and freckles.

(2) A good freckle lotion for the cure of freckles, tan, or sunburned face or hands is made thus: Take half a pound of clear ox-gall, half a dram each of camphor and burned alum, one dram of borax, two ounces of rock-salt, and the same of rock-candy. This should be mixed and shaken well several times a day for three weeks, until the gall becomes transparent; then strain it very carefully through filtering paper, which may be had of the druggist. Apply to the face during the day, and wash off at night.

(3) Wash in fresh buttermilk every morning, and rinse the face in tepid water; then use a soft towel. Freckles may also be removed by applying to the face a solution of niter and water. Another good wash for freckles is made by dissolving three grains of borax in five drams each of rose-water and orange-flower water. There are many remedies for freckles, but there is none that will banish them entirely.

(4) Take one ounce of lemon juice, a quarter of a dram of powdered borax and a half a dram of sugar. Mix and let them stand in a glass bottle for a few days, then rub it on the face and hands night and morning. Two table-

spoonfuls of lemon juice would equal an ounce.

(5) Rectified spirits of wine, one ounce; water, eight ounces; half an ounce of orange-flower water, or one ounce of rose-water, diluted muriatic acid, a teaspoonful. Mix. To be used after washing.

(6) Take grated horseradish and put in very sour milk. Let it stand four hours; then wash the face night and morning.

Glasses, Hints about.—Persons finding their eyes becoming dry and itching on reading, as well as those who find it necessary to place an object nearer than fourteen inches from their faces to read, need spectacles. Persons under forty years of age should not wear glasses until the accommodating power of the eyes has been suspended and the exact state of refraction determined by a competent ophthalmic surgeon. The spectacle glasses sold by peddlers and by jewelers generally are hurtful to the eyes of those who read much, as the lenses are made of inferior sheet glass and not symmetrically ground. No matter how perfectly the lenses may be made, unless they are mounted in a suitable frame and properly placed before the eye, discomfort will arise from their prolonged use.

Persons holding objects too near the face endanger the safety of their eyes, and incur the risk of becoming near-sighted.

The near-sighted eye is an unsound eye, and should be fully corrected with a glass, notwithstanding the fact it may need no aid for reading. The proper time to begin wearing glasses is just as soon as the eyes tire on being subjected to prolonged use.

Gout.—Take hot vinegar, and put into it all the table salt which it will dissolve, and bathe the parts affected with a soft piece of flannel. Rub in with the hand and dry the foot, etc., by the fire. Repeat this operation four times in twenty-four hours, fifteen minutes each time, for four days; then twice a day for the same period; then once, and follow this rule whenever the symptoms show themselves at any future time.

Gum-boil, or Weakness of the Gums.—Take of acetate of morphia, two grains; tincture of myrrh, six

drams; tincture of krameria, one ounce; spirits of lavender, three ounces and a half. Let a lotion be made.

Hair, Care of the.—To keep the hair healthy, keep the head clean. Brush the scalp well with a stiff brush while dry. Then wash with castile soap, and rub into the roots, bay rum, brandy, or camphor water. This done twice a month will prove beneficial. Brush the scalp thoroughly twice a week. Dampen the hair with soft water at the toilet, and do not use oil.

Hair, Pomade for the.—(1) Ingredients: one quarter pound of lard; two pennyworth of castor oil; scent. Mode: Let the lard be unsalted, beat it up well; then add the castor oil, and mix thoroughly together with a knife, adding a few drops of any scent that may be preferred. Put the pomatum into pots, which keep well covered to prevent it turning rancid.

(2) A flask of salad oil, one and a half ounces of spermaceti, half ounce of white wax; scent as desired. Cut up the white wax and spermaceti into small pieces, and put them into the oven to melt with a small quantity of the oil. When the lumps have disappeared, and all the ingredients are thoroughly amalgamated, pour in the remainder of the oil and the scent, and stir with a spoon until cold.

(3) Three ounces of olive oil, three quarters of a dram of oil of almonds, two drams of palm oil, half an ounce of white wax, a quarter of a pound of lard, and three quarters of a dram of essence of bergamot. This pomade is excellent for strengthening the hair, promoting the growth of whiskers and mustaches, and preventing baldness.

(4) Take one ounce of spermaceti, one ounce of castor oil, four ounces of olive oil, and two pennyworth of bergamot, and melt them together in a pot placed in boiling water, stirring the mixture all the while; when thoroughly mixed, pour the mixture into pots while hot.

Hair Restorative.—A good hair restorative may be made of boxwood leaves, of which take a handful and put into one pint of boiling water; digest for an hour, simmer ten minutes, and then strain. In applying it to the hair rub it well into the roots.

Hairs, Superfluous, To remove.—Some few hairs will frequently grow

where they are not wanted, and are often difficult to get rid of. Close shaving and cutting strengthens them and increases their number; the only plan is to pull them out individually with a pair of tweezers, and afterward to dress the part two or three times a day in the following manner: Wash it first with warm, soft water, but do not use soap; then apply with a piece of soft rag, immediately after the washing, a lotion of milk of roses, made according to the following directions, and rub the skin gently till it is dry with a warm, soft cloth: Beat four ounces of sweet almonds in a mortar to a paste with half an ounce of white sugar; then work in, in small quantities, eight ounces of rose-water; strain the emulsion through muslin, put the liquid into a bottle, return the residuum to the mortar, pound it again, and add half an ounce of sugar and eight ounces of rose-water; then strain again, and repeat the process a third time. This will give thirty-two ounces of fluid, to which add twenty grains of bichloride of mercury dissolved in two ounces of alcohol. Shake the whole for five minutes, and the lotion will be ready for use.

Hair, the, To prevent falling off.—(1) When the hair, after being naturally luxuriant, begins to grow thin, without actually coming out in particles, use the following recipe: Take of extract of yellow Peruvian bark, fifteen grains; extract of rhatany root, eight grains; extract of burdock root and oil of nutmegs (mixed), of each, two drams; camphor dissolved with spirits of wine, fifteen grains; beef marrow, two ounces; best olive-oil, one ounce; citron juice, half a dram; aromatic essential oil, as much as is sufficient to render it fragrant; mix, and make into an ointment. Two drams of bergamot and a few drops of attar of roses would suffice. This is to be used every morning.

(2) Onions must be rubbed frequently on the part. The stimulating powers of this vegetable are of essential service in restoring the tone of the skin, and assisting the capillary vessels in sending forth new hair; but it is not *infallible*. Should it succeed, however, the growth of these new hairs may be assisted by the oil of myrtle berries, the repute of which, perhaps, is greater than its real efficiency. These applica-

tions are cheap and harmless, even where they do no good; a character which cannot be said of the numerous quack remedies that meet the eye in every direction.

(3) To prevent hair from falling out or turning gray, take a teacupful of dried sage, and boil it in a quart of soft water for twenty minutes. Strain it off and add a piece of borax the size of an English walnut; pulverize the borax. Put the sage tea, when cool, into a quart bottle; add the borax; shake well together, and keep in a cool place. Brush the hair thoroughly and rub the wash well on the head with the hand. Then, after a good hard rubbing, brush the hair well before the fire so it will become dry.

(4) Put equal quantities of rum and sweet oil into a bottle, and, before using, shake them well together. This mixture should be applied with a soft brush to the roots of the hair every night; it should be tried for a month at the least, before any improvement can be expected.

(5) Put one pound of unadulterated honey into a still, with three handfuls of the tendrils of vine and the same quantity of rosemary tops. Distill as cool and as slowly as possible. The liquor may be allowed to drop till it tastes sour.

(6) To prevent the hair from falling out apply once a week a wash made of one quart of boiling water, one ounce of pulverized borax and half an ounce of powdered camphor. Rub on with a sponge or a piece of flannel.

(7) Take a piece of saltpeter the size of a hickory nut, and put in a quart of water, and wet the head daily.

Hair, To increase the growth of.—Take of mutton suet, one pound; best white wax, four ounces; essence of bergamot and lemon, of each, three drams; oils of lavender and thyme, of each, one dram. Mix the suet and wax over a gentle fire and then add the perfumes.

Hair, To prevent gray.—To check premature grayness, the head should be well brushed morning and night, with a brush hard enough to irritate the skin somewhat. The bristles should be far enough apart to brush through the hair, as it were, rather than over it. Oil, rather than pomade, should be used. Common sweet oil, scented with bergamot, can be recommended.

Hair, To thicken the.—One quart of white wine, one handful of rosemary flowers, one-half pound of honey, one-quarter pint of oil of sweet almonds. Mix the rosemary and honey with the wine, distill them together, then add the oil of sweet almonds and shake well. When using it, pour a little into a cup, warm it, and rub it into the roots of the hair.

Hands, Chapped.—(1) To cure chapped hands, take common starch and rub it into a fine powder, put it in a clean tin box, and every time the hands are removed from dish-water or hot suds, rinse them carefully in clean water, and while they are damp, rub a pinch of starch over them, covering the whole surface.

(2) Melt spermaceti, one dram, with almond oil, one ounce, and add powdered camphor, one dram. It will be improved by adding a couple of drams of glycerine, using as much less of the almond oil.

(3) One-half ounce of glycerine with same amount of alcohol. Mix, and add four ounces of rose-water. Bottle, and shake well. An excellent remedy for rough or chapped hands.

Hands or Feet, Blistered.—When the hands are blistered from rowing or the feet from walking or other causes, be careful not to allow the blisters to break, if possible. Some persons are in the habit, by means of a needle and piece of worsted, of placing a seton into blisters to draw off the water; but in our opinion this is a great mistake and retards the healing. Bathe the blisters frequently in warm water, or if they are very severe, make a salve of tallow, dropped from a lighted candle into a little gin and worked up to a proper consistence, and on going to bed-cover the blisters with this salve and place a piece of clean soft rag over them.

Hands, To soften the.—(1) To soften the hands fill a wash-basin half full of fine, white sand, and soap-suds as hot as can be borne. Wash the hands in this five minutes at a time, washing and rubbing them in the sand. The best is the flint sand, or the white, powdered quartz sold for filters. It may be used repeatedly by pouring the water away after each washing, and adding fresh to keep it from blowing about. Rinse in warm lather of fine soap, and,

after drying, rub them with dry bran or corn-meal. Dust them, and finish with rubbing cold cream well into the skin. This effectually removes the roughness caused by housework, and should be used every-day, first removing ink or vegetable stains with acid.

(2) Soap is an indispensable article for cleansing hands, but it often leaves the skin rough; cracks on the hands come, and soap is often unpleasant. Use honey, rub it on when the skin is dry; moisten a little, rub harder, use a little more water; finally wash thoroughly and your hands will be as clean as though the strongest soap were used, and no cracks or roughness will annoy you.

(3) Keep a dish of Indian meal on the toilet stand near the soap, and rub the meal freely on the hands after soaping them for washing. It will surprise you, if you have not tried it, to find how it will cleanse and soften the skin, and prevent chapping.

(4) Before retiring take a large pair of gloves and spread mutton-tallow inside, also all over the hands. Wear the gloves all night, and wash the hands with olive-oil and white castile soap the next morning.

(5) After cleansing the hands with soap, rub them well with oatmeal while still wet. Honey is also very good; used in the same way lemon-juice, well rubbed in at night.

Hands, To whiten the.—(1) Keep some oatmeal on the washstand, and, as often as the hands are washed, rub a little oatmeal over them; then rinse it off, and, when dry, put on a little bit of pomade, made as follows: Take about five cents' worth each of white wax, spermacetic, and powdered camphor, and olive-oil enough to make it the thickness of soap; put it in a galipot, and let it stand in an oven to melt; mix it up, and, when cold, it will be found very good for the hands. Gloves, worn either in the day or night, will help to keep the hands white.

(2) A cake of brown Windsor soap scraped into thin flakes, and then mixed with a teaspoonful of eau de cologne, and a tablespoonful of lemon-juice, is said to make a useful preparation for this purpose. There is nothing injurious to the skin in the composition. When the soap has been thoroughly blended with the lemon juice and eau de cologne, it should be

pressed into a mold—one made of cardboard in the form of a small box, the size of a cake of soap, will answer the purpose—and allowed to dry before it is used.

(3) Half an ounce of white wax, half an ounce of spermaceti, quarter of an ounce or powdered camphor. Mix them with as much olive-oil as will form them into a very stiff paste, and use as often as you wash your hands.

(4) Mixtures of two parts of glycerine, one part ammonia, and a little rose-water whiten and soften the hands.

Headache.—(1) All ships sailing in hot climates carry a supply of limes, whose acid juice is a remedy for biliousness. Dr. Haire says he has cured many victims of sick-headache with the following simple prescription: When the first symptoms of headache appear, take a teaspoonful of lemon juice, clear, fifteen minutes before each meal, and the same dose at bed-time. Follow this up until all symptoms are past, taking no other medicines, and you will soon be freed from your periodical nuisance. Sick-headache is the signal of distress which the stomach puts up to inform us that there is an over alkaline condition of its fluids—that it needs a natural acid to restore the battery to its normal working condition. Lemonade without sugar, plain lemon-juice and water, is a grateful and medicinal beverage for a person of bilious habit, allaying feverishness and promoting sleep and appetite. Some who cannot afford to be sick may be willing to make a conscientious trial of the above remedy, which is neither patented nor costly. To make it a sovereign remedy it will in most cases need the help of a reform in diet, or a let-up from work and care—one or both. In other words, the same causes will be apt to reproduce the effect—as the pinching boot will recreate corns where they have been removed.

(2) A new remedy for headache has been found by Dr. Haley, an Australian physician, who says that for some years past he has found minimum doses of iodide of potassium of great service in frontal headache; that is, a heavy, dull headache, situated over the brow, and accompanied by languor, hoilliness and a feeling a general discomfort, with distaste for food, which sometimes approaches to nausea, can be completely removed by a two grain

dose dissolved in half a wineglassful of water, and this quietly sipped, the whole quantity being taken in about ten minutes. In many cases, he adds, the effect of these small doses has been simply wonderful, as, for instance, a person, who a quarter of an hour ago was feeling most miserable, and refused all food, wishing only for quietness, would now take a good meal and resume his wonted cheerfulness. If this cure of Dr. Haley's is in reality a practical one, he will merit, for the discovery, the gratitude of suffering millions.

(3) Dr. Lauder Brunton says: "The administration of a brisk purgative, or small doses of Epsom salts, thrice a day, is a most effectual remedy for frontal headache when combined with constipation; but if the bowels be regular, the morbid processes on which it depends seem to be checked, and the headache removed even more effectually by nitro-hydrochloric acid, or by alkalies, given before meals. If the headache is immediately above the eyebrows, the acid is best; but if it be a little higher up, just where the hair begins, the alkalies appear to me to be more effectual. At the same time that the headache is removed, the feelings of sleepiness and weariness, which frequently lead the patients to claim that they rise up more tired than they lie down, generally disappear."

(4) Dr. Hall states that sick headache is the result of eating too much and exercising too little. Nine times in ten the cause is in the fact that the stomach was not able to digest the food last introduced into it, either from its having been unsuitable, or excessive in quantity. A diet of bread and butter with ripe fruits or berries, with moderate, continuous exercise in the open air, sufficient to keep up a gentle perspiration, would cure almost every case in a short time. Two teaspoonfuls of powdered charcoal in a half glass of water, and drank, generally gives instant relief.

(5) Put a handful of salt into a quart of water, add one ounce of spirits of hartshorn, and half an ounce of camphorated spirits of wine. Put them quickly into a bottle, and cork tightly to prevent the escape of the spirits. Soak a piece of rag with the mixture, and apply it to the head; wet the rag afresh as soon as it gets heated.

(6) A mixture of ice and salt, in proportion of one to one-half, applied to

the head, frequently gives instant relief from acute headache. It should be tied up in a small linen cloth, like a pad, and held as near as possible to the seat of the pain.

(7) For sick-headache, induced by bilious derangement, steep five cents' worth of senna and camomile flowers in a little water, to make a strong decoction, and take. It has been tried successfully in various cases.

(8) Coarse brown paper soaked in vinegar and placed on the forehead is good for a sick-headache. If the eyelids are gently bathed in cool water the pain in the head is generally allayed.

(9) Nervous headache is said to be instantly relieved by shampooing the head with a quart of cold water in which a dessertspoonful of soda has been dissolved.

Heartburn.—(1) Relief will be obtained by using the following mixture, which has been much recommended: Juice of one orange, water, and lump sugar to flavor; and in proportion to the acidity of the orange, about half a teaspoonful of bicarbonate of soda. Dissolve the sugar in the water, add the orange-juice, then put in the soda. Stir, and drink while effervescing.

(2) A small piece of chalk put in a pitcher of water, without imparting any taste whatever to the same, will exercise a corrective effect upon the stomachs of those who are troubled with acidity or heartburn, as it is called.

Hemorrhage.—(1) Hemorrhage of the lungs can be instantly cured by throwing into the mouth of the patient, from a vial, one or two teaspoonfuls of chloroform, according to the severeness of the attack. It will give instant relief to the greatest suffering, and stop the most severe case of bleeding of the lungs.

(2) To stop hemorrhage of the lungs, cord the thighs, and arms above the elbow, with small, strong cords tightly drawn and tied. It will stop the flow of blood almost instantly, as it has done for the writer many times. It was recommended by a physician of experience.

(3) Spitting or vomiting of blood may be stopped by sage juice mixed with a little honey. Take three teaspoonfuls, and repeat, if necessary, in about fifteen minutes.

(4) Hemorrhages of the lungs or stomach are promptly checked by small doses of salt. The patient should be kept as quiet as possible.

Hiccough.—Hiccough effects some persons very persistently, and where a simpler remedy does not check it, a half teaspoonful of niter in a half tumbler of water is recommended as an instantaneous remedy.

Hoarseness.—(1) Horseradish will afford instantaneous relief in most obstinate cases of hoarseness. The root, of course, possesses the most virtue, though the leaves are good till they dry, when they lose their strength. The root is best when it is green. The person who will use it freely just before beginning to speak, will not be troubled with hoarseness. Boiled down and sweetened into a thick syrup, will give relief in the severest cases.

(2) Take a small quantity of dry, powdered borax, place it on the tongue, let it slowly dissolve and run down the throat. It is also good to keep the throat moist at night and prevent coughing.

(3) Hoarseness and tickling in the throat are best relieved by the gargle of the white of an egg beaten to a froth in half a glass of warmed, sweetened water.

Hot Milk as a Stimulant.—If any one is fatigued, the best restorative is hot milk, a tumbler of the beverage as hot as can be sipped. This is far more of a restorative than any alcoholic drink.

Hot Water as a Remedy.—There is no remedy of such general application and none so easily attainable as water, and yet nine persons in ten will pass it by in an emergency to seek for something of far less efficacy.

There are few cases of illness where water should not occupy the highest place as a remedial agent.

A strip of flannel or a napkin folded lengthwise and dipped in hot water and wrung out and then applied around the neck of a child that has the croup will usually bring relief in ten minutes.

A towel folded several times and dipped in hot water and quickly wrung and applied over the seat of the pain in toothache or neuralgia will generally afford prompt relief. This treatment in colic works like magic. I have seen cases that have resisted other treat-

ment for hours yield to this in ten minutes. There is nothing that will so promptly cut short a congestion of the lungs, sore throat or rheumatism as hot water when applied promptly and thoroughly.

Pieces of cotton batting dipped in hot water and kept applied to old sores or new cuts, bruises and sprains, is the treatment now generally adopted in hospitals. I have seen a sprained ankle cured in an hour by showering it with hot water, poured from a height of three feet.

Tepid water acts promptly as an emetic, and hot water taken freely half an hour before bed-time is the best of cathartics in the case of constipation, while it has a most soothing effect on the stomach and bowels. This treatment continued for a few months, with proper attention to diet, will cure any curable case of dyspepsia.

How People get Sick.—Eating too much and too fast; swallowing imperfectly masticated food; using too much fluid at meals; drinking poisonous whisky and other intoxicating drinks; repeatedly using poison as medicines; keeping late hours at night, and sleeping late in the morning; wearing clothing too tight; wearing thin shoes; neglecting to wash the body sufficiently to keep the pores open; exchanging the warm clothes worn in a warm room during the day for costumes and exposure incident to evening parties; compressing the stomach to gratify a vain and foolish passion for dress; keeping up constant excitement; fretting the mind with borrowed troubles; swallowing quack nostrums for every imaginary ill; taking meals at irregular intervals, etc.

Hydrophobia.—(1) Elecampane is a plant well known to most persons, and is to be found in many of our gardens. Immediately after being bitten, take one ounce of the root of the plant, the green root is perhaps preferable, but the dried will answer, and may be found in our drug stores; slice or bruise, put in a pint of fresh milk, boil down to half a pint, strain, and when cold drink it, fasting at least six hours afterward. The next morning repeat the dose prepared at the last, and this will be sufficient. It is recommended that after each dose nothing be eaten for at least six hours.

(2) The following is said to be a cure

for hydrophobia: Take two tablespoonfuls of fresh chloride of lime, mix it with one-half pint of water, and with this wash keep the wound constantly bathed and frequently renewed. The chloride gas possesses the power of decomposing the tremendous poison, and renders mild and harmless that venom against whose resistless attack the artillery of medical science has been so long directed in vain. It is necessary to add that this wash must be applied as soon as possible.

Hydrophobia, To Prevent.—(1)

The bites of mad dogs have been rendered harmless by immediately cauterizing the wound with a saturated solution of carbolic acid, and keeping it constantly wet with a weaker solution of the same, at the same time giving the patient, according to age, from two to six drops of the spirits of ammonia in water, every two hours for twelve or fourteen hours. The wound is not allowed to dry for an instant for three or four days.

(2) Take immediately warm vinegar, or tepid water, and wash the wound very clean; then dry it, and pour upon the wound a few drops of muriatic acid. Mineral acids destroy the poison of the saliva, and its evil effect is neutralized.

Hysterics.—This complaint is confined chiefly to females. A fit of hysterics is generally the result of some natural and immediate cause, and until this is discovered and removed, the patient will always be subject to these fits. When a person is seized with a fit the dress should be loosened, fresh air admitted, cold water dashed in the face, and salts or singed feathers applied to the nostrils. If consciousness does not then return, a draught of sal-volatile and water should be given, and if the patient be still insensible, the temples and the nape of the neck should be rubbed with brandy. When hysterics can be traced to impaired natural action, equal portions of pennyroyal and wormwood should be steeped in boiling water, and suffered to simmer by the fire until the virtue of the herbs is extracted. It should then be allowed to cool, and half a pint be taken twice or thrice a day, succeeded on each occasion by a compound asafetida pill, until the desired relief is afforded.

Indigestion.—I have been troubled for years with indigestion, sick head-

ache and constipation, writes a lady, and have been greatly helped by dropping all remedies and drinking a coffee-cupful of as warm water as can be drank comfortably, the first thing on rising and just before retiring, always on an empty stomach. It will cause an unpleasant feeling at first, but persevere and you will be surprised at the benefit received. If the kidneys are at fault, drink water blood-warm.

Ingrowing Toe Nails.—As this is a very painful malady, it may be worth a great deal to some of our readers to know that the trouble is not with the nail, but with the flesh, which gets pushed upon it, thereby becoming inflamed, and the inflammation and swelling are kept up by the presence of the nail, which then acts as a foreign body. To cure it, take the neighboring toe—which, by the way, is really the offender—and with it press the swollen flesh down and away from the nail, then bind the two firmly together with adhesive strips, which may be had at any drug store. If the strips get loose, and the flesh slips up on the nail again, readjust the toes and put on fresh plaster until the flesh rehabilitates itself to its former place.

Intermittent Fever, Salt in.—Take a handful of table salt and roast in a clean oven with moderate heat till it is brown—the color of roasted coffee. Dose for an adult, a soup- spoonful dissolved in a glass of warm water; take at once. When the fever appears at intervals of two, three, or four days, the remedy should be taken fasting on the morning of the day following the fever. To overcome the thirst, a very little water should be taken through a straw. During the forty-eight hours which follow the taking of the salt, the appetite should be satisfied with chicken and beef broth only; it is especially necessary to observe a severe diet and avoid taking cold. The remedy is very simple and harmless and has never been known to fail where it has been given trial.

Jaundice.—Red iodide of mercury, seven grains; iodide of potassium, nine grains; distilled water, one ounce; mix. Commence by giving six drops three or four times a day, increasing one drop a day until twelve or fifteen drops are given at a dose. Give in a little water, immediately after meals. If it causes

a griping sensation in the bowels, and fullness in the head, when you get up to twelve or fifteen drops, go back to six drops, and up again as before.

Knock-Knees.—A correspondent says: "I commenced the practice of placing a small book between my knees, and tying a handkerchief tight round my ankles. This I did two or three times a day, increasing the substance at every fresh trial, until I could hold a brick with ease breadthways. When I first commenced this practice I was as badly knock-kneed as possible; but now I am as straight as anyone. I likewise made it a practice of lying on my back in bed, with my legs crossed and my knees fixed tightly together. This, I believe, did me a great deal of good."

Laxatives.—Infusions of Epsom salts and senna are often taken as laxatives, or opening medicines. It is a well known fact that a teaspoonful of salts in a tumbler of cold water, if drank before breakfast, is as effectual a dose as the usual ounce. Senna, too, if steeped in cold water, is equally efficacious, and free from the nauseous bitter taste which it has when infused in boiling water.

Limbs, Frozen.—Dissolve from one quarter to half a pound of alum in a gallon of warm water, and immerse the feet or hands in it when frozen, for ten or fifteen minutes, and a cure will be effected.

Lip Salve.—Melt a lump of sugar in one and a half tablespoonfuls of rose-water; mix it with two tablespoonfuls of sweet oil, a piece of spermaceti half as large as an English walnut; simmer the whole, and turn it into boxes.

Liquor Appetite.—(1) Dr. Unger insists that the following remedy will cure the cravings of the worst drunkard in the land: Take one pound of best, fresh, quill red Peruvian bark, powder it, and soak it in one pint of diluted alcohol. Afterward strain and evaporate it down to half a pint. Directions for its use: Dose—a teaspoonful every three hours the first and second day, and occasionally moisten the tongue between the doses. It acts like quinine, and the patient can tell by a headache if he is getting too much. The third day take as previous, but reduce the dose to one-half teaspoonful. Afterward reduce the dose to fifteen

drops, and then down to ten, then down to five drops. To make a cure it takes from five to fifteen days, and in extreme cases thirty days. Seven days are about the average in which a cure can be effected.

(2) At a festival of one of our reformatory institutions, a gentleman is reported to have said: "I overcame the appetite for liquor by a recipe given to me by old Dr. Hatfield, one of those good old physicians who do not have a percentage from a neighboring druggist. The prescription is simply an orange every morning half an hour before breakfast. 'Take that', said the doctor, 'and you will want neither liquor nor medicine.' I have done so regularly, and find that liquor has become repulsive. The taste of the orange is in the saliva of my tongue; and it would be as well to mix water and oil as run with my taste." The recipe is simple, and has the recommendation that it can do no harm if it does no good.

(3) The following recipe has been found efficacious in a great many cases: Sulphate of iron, five grains; peppermint water, eleven drams; spirits of nutmeg, one dram. This preparation acts as a tonic and stimulant, and so partially supplies the place of the accustomed liquor, and prevents the absolute physical and moral prostration that often follows a sudden breaking off from the use of stimulating drinks. It is to be taken in quantities equal to an ordinary dram, and as often as the desire for a dram returns.

Liver Complaint.—(1) Twenty grains of extract of dandelion, divided into four pills, and to be taken four times a day; it acts on the liver, and is also a tonic for debilitated persons.

(2) A cup of fresh buttermilk every day is said to be a cure for liver complaint.

Lock-jaw.—(1) If any person is threatened or taken with lock-jaw from injuries of the arms, legs or feet, do not wait for a doctor, but put the part injured in the following preparation: Put hot wood ashes into water as warm as can be borne; if the injured part cannot be put into water, then wet thick folded cloths in the water and apply them to the part as soon as possible, and at the same time bathe the back-bone from the neck down with some laxative stimulant—say cayenne

pepper and water, or mustard and water; good vinegar is better than water; it should be as hot as the patient can bear it. Don't hesitate; go to work and do it, and don't stop until the jaws will come open. No person need die of lock-jaw if these directions are followed.

(2) The following is said to be a positive cure: Let any one who has an attack of the lock-jaw take a small quantity of spirits of turpentine, warm it and pour it on the wound, no matter where the wound is or what is its nature. Relief will follow in less than one minute. Turpentine is also a sovereign remedy for croup. Saturate a piece of flannel with it and place on to the throat, chest, and, in severe cases, three to five drops, on a lump of sugar may be taken internally.

Lungs, To ascertain the state of the.—Draw in as much breath as you conveniently can, then count as long as possible in a slow and audible voice without drawing in more breath. The number of seconds must be carefully noted. In a consumptive the time does not exceed ten, and is frequently less than six seconds; in pleurisy and pneumonia it ranges from nine to four seconds. When the lungs are sound the time will range as high as from twenty to thirty-five seconds. To expand the lungs, go into the air, stand erect, throw back the head and shoulders, and draw in the air through the nostrils as much as possible. After having then filled the lungs, raise your arms, still extended, and suck in the air. When you have thus forced the arms backward, with the chest open, change the process by which you draw in your breath, till the lungs are emptied. Go through the process several times a day and it will enlarge the chest, give the lungs better play, and serve very much to ward off consumption.

Lungs, the, To protect from dust.—In farm labor one has often to encounter a hurtful amount of dust. A simple and cheap protection from such an annoyance is to get a piece of sponge large enough to cover the nostrils and mouth, hollow it out on one side with a pair of scissors, to fit the face, attach a string to each side and tie it on. First wet it well, and squeeze out most of the water. Repeat this whenever the sponge becomes dry. All the dust will be caught in the damp cavities, and it is easily washed out.

Malaria, Preventives of.—Scarcely a section of our beautiful country is free from malarial disease in some of its forms. Many localities formerly free from malaria have recently been visited by this insidious foe of humanity. Two reasons are given for this result: First, the ponds and swamps have been dried up, and the lower forms of organic matter have been exposed to the air, and second, wells and springs have become so low that the water is very impure, and no doubt its use produces an unhealthy state of the human body.

If the use of impure water alone were the cause of malarial difficulties the remedy would be simple, namely, to substitute pure water instead, if it could be had, or by filtration and other means, purify what was at hand.

The malarial influence arising from swamps or marshes can only be counteracted by aerating the soil and thus getting rid of the lower organisms resident there. By means of drainage the sour soil water is carried off, the air enters and decay is completed—the poison is destroyed and a more healthful condition ensues.

But there are vast stretches of country where these means cannot be employed, and other methods must be provided. It is now pretty well proven by actual plantings in California of the blue gum tree, or *Eucalyptus* of Australia, that by its use over a sufficient area the malarial tendencies can be counteracted. Unfortunately, by actual test, we find that the *Eucalyptus Globosa* will not endure the cold of this section of the Union.

What then can we employ? Professor Maury, before our late internecine war, proved at the Washington Observatory that extensive plantations of the common sunflower will, during its growing season, counteract malaria. These can be grown all over our states, and should be extensively tried.

The common willow, being a coarse feeder and rapid grower, reveling in wet and swampy land, has also been commended as one of the very best agents for the destruction of malarial germs. Its roots spread widely through the soil, while its leafage is simply enormous in proportion to its woody development. The three sorts of willow grow with great rapidity, but more immediate effects may be produced by planting sprouts of the osier or basket willow

thickly all over the whole of a wet or swampy surface soil.

This would be a remunerative product aside from its destruction of malaria. The plan is worthy of trial.

Measles.—Measles are an acute inflammation of the skin, internal and external, combined with an infectious fever.

Symptoms.—Chills, succeeded by great heat, languor, and drowsiness, pains in the head, back and limbs, quick pulse, soreness of throat, thirst, nausea and vomiting, a dry cough, and high colored urine. These symptoms increase in violence for four days. The eyes are inflamed and weak, and the nose pours forth a watery secretion, with frequent sneezing. There is considerable inflammation in the larynx, windpipe, and bronchial tubes, with soreness of the breast and hoarseness. About the fourth day the skin is covered with a breaking out which produces heat and itching, and is red in spots, upon the face first, gradually spreading over the whole body. It goes off in the same way, from the face first and then from the body, and the hoarseness and other symptoms decline with it; at last the outside skin peels off in scales.

Treatment.—In a mild form, nothing is required but a light diet, slightly acid drinks, and flaxseed or slippery elm tea. Warm herb teas, and frequent sponge baths with tepid water, serve to allay the fever; care should be taken not to let the patient take cold. If the fever is very high, and prevents the rash coming out, a slight dose of salts, or a nauseating dose of ipecac, lobelia, or hive syrup should be given, and followed by teaspoonful doses of compound tincture of Virginia snake-root until the fever is allayed. If the patient from any derangement takes on a low typhoid type of fever, and the rash does not come out until the seventh day, and is then of a dark and livid color, tonics and stimulants must be given, and the expectoration promoted by some suitable remedy. The room should be kept dark to protect the inflamed eyes. As long as the fever remains the patient should be kept in bed. Exposure may cause pneumonia, which, in other words, is acute inflammation of the lungs. Keep in the room as long as the cough lasts. There is always danger of the lungs being left in an inflamed state after

the measles, unless the greatest care is taken not to suffer the patient to take cold.

Should there be much pain, and a severe cough, this must be treated as a separate disease, with other remedies.

Medical Qualities of Lemons.—A good deal has been said about the healthfulness of lemons. The latest advice is how to use them so that they will do the most good, as follows: Most people know the benefit of lemonade before breakfast, but few know that it is more than doubled by taking another at night also. The way to get the better of the bilious system without blue pill or quinine is to take the juice of one, two or three lemons, as appetite craves, in as much ice water as makes it pleasant to drink without sugar before going to bed. In the morning, on rising, at least half an hour before breakfast, take the juice of one lemon in a goblet of water. This will clear the system of humor and bile with efficiency, without any of the weakening effects of calomel or congress water. People should not irritate the stomach by eating lemons clear; the powerful acid of the juice, which is always most corrosive, invariably produces inflammation after a while, but properly diluted, so that it does not burn or draw the throat, it does its medical work without harm, and, when the stomach is clear of food, has abundant opportunity to work over the system thoroughly, says a medical authority.

Menstruation, Painful, Anodyne for:—Extract of stramonium and sulphate of quinine, each sixteen grains; macrotin, eight grains; morcerotin, eight grains; morphine, one grain; make into eight pills. Dose, one pill, repeating once or twice only, forty or fifty minutes apart, if the pain does not subside before this time. Pain must subside under the use of this pill, and costiveness is not increased.

Moth Patches.—(1) It is said that the drinking of hard cider—two or three glasses per day—will remove moth spots. At least, so writes a correspondent who has tried it with success. While drinking the cider let tea and coffee alone.

(2) Moth patches may be removed from the face by the following remedy: Into a pint bottle of rum put a tablespoonful of flour of sulphur. Apply

this to the patches once a day, and they will disappear in two or three weeks.

(3) Bathe the face two or three times a day in borax water; a teaspoonful of powdered borax in a basin of warm water.

Mumps.—This disease, most common among children, begins with soreness and stiffness in the side of the neck. Soon a swelling of the parotid gland takes place, which is painful and continues to increase for four or five days, sometimes making it difficult to swallow, or open the mouth. The swelling sometimes comes on one side at a time, but commonly upon both. There is often heat and sometimes fever, with a dry skin, quick pulse, furred tongue, constipated bowels, and scanty and high-colored urine. The disease is contagious.

Treatment.—Keep the face and neck warm, and avoid taking cold. Drink warm herb teas, and if the symptoms are severe, four to six grains of Dover's powder; or if there is costiveness, a slight physic, and observe a very simple diet. If the disease is aggravated by taking cold, and is very severe or is translated to other glands, physic must be used freely, leeches applied to the swelling, or cooling poultices. Sweating must be resorted to in this case.

Nails, The.—Great attention should be paid to keeping the nails in good order. They should be brushed at least twice a day, and the skin round the lower part should be kept down by rubbing with a soft towel. The sides of the nails need clipping about once in a week. If they become stained, wash them well with soap, and after rinsing off the soap well, brush them with lemon juice.

Nervousness.—This unhealthy state of system depends upon general debility. It is often inherited from birth, and as often brought on by excess of sedentary occupation, overstrained employment of the brain, mental emotion, dissipation and excess. The nerves consist of a structure of fibers or cords passing through the entire body, branching off from, and having a connection with each other, and finally centers on the brain. They are the organs of feeling and sensation of every kind, and through them the mind operates upon the body. It is obvious, therefore, that what is termed

the "nervous system" has an important part in the bodily functions; and upon them not only much of the health but happiness, depends.

Treatment.—The cure of nervous complaints lies rather in moral than in medical treatment. For although much good may be effected by tonics, such as bark, quinine, etc., there is far more benefit to be derived from attention to diet and regimen. In such cases, solid food should preponderate over liquid, and the indulgence in warm and relaxing fluids should be especially avoided; plain and nourishing meat, as beef or mutton, a steak or chop, together with half a pint of bitter ale or stout, forming the best dinner. Cocoa is preferable to tea; vegetables should be but sparingly eaten. Sedentary pursuits should be cast aside as much as possible, but where they are compulsory, every spare moment should be devoted to outdoor employment and brisk exercise. Early bedtime and early rising will prove beneficial, and the use of the cold shower bath is excellent. Gymnastic exercises, fencing, horse-riding, rowing, dancing and other pursuits which call forth the energies, serve also to brace and invigorate the nervous system. It will also be as well to mingle with society, frequent public assemblies and amusements, and thus dispel that morbid desire for seclusion and quietude which, if indulged in to excess, renders a person unfitted for intercourse with mankind, and materially interferes with advancement in life.

Nettle Rash.—This disease takes its name from its being attended by an eruption similar to what is produced by the stinging of nettles. The causes of this complaint are by no means obvious; but it seems to proceed either from the perspiration being checked, or from some irritating matter in the stomach. In all cases there prevails considerable itching and some heat in the parts affected; and in some constitutions a slight degree of fever either precedes or attends the eruption. Its duration seldom exceeds three or four days.

In some cases nettle rash is accompanied with large wheels or bumps, which appear of a solid nature, without any cavity or head, containing either water or other fluid.

Half a teaspoonful of magnesia, and

the same quantity of cream of tartar mixed in half a teacupful of milk, an hour before breakfast, and repeated as required, will be found very efficacious.

Neuralgia.—(1) A very simple relief for neuralgia is to boil a small handful of lobelia in half a pint of water till the strength is out of the herb, then strain it off and add a teaspoonful of fine salt. Wring cloths out of the liquid as hot as possible, and spread over the part affected. It acts like a charm. Change the cloths as soon as cold till the pain is all gone; then cover the place with a soft dry covering till perspiration is over, to prevent taking cold. Rheumatism can often be relieved by application to the painful parts, of cloths wet in a weak solution of sal soda water. If there is inflammation in the joints the cure is very quick. The wash should be lukewarm.

(2) Procure a half-ounce of the oil of peppermint, and, with a camel's hair brush, paint the parts of the face where the pain is felt. We have found it an excellent application in all forms of pain in the face. A drop applied to the cavity of an aching tooth, and confined there with a pellet of cotton, will arrest the pain.

(3) A noted cure for neuralgia is hot vinegar vaporized. Heat a flat-iron sufficiently hot to vaporize the vinegar cover this with some woollen material, which is moistened with vinegar, and the apparatus is then applied at once to the painful spot. The application may be repeated until the pain disappears.

(4) Have a flannel cap made to fasten under the chin; wear three nights; let three nights pass, then put on again if necessary. For neuralgia in eyebrows, bind a strip of flannel around the head; rub the teeth with equal parts of salt and alum, pulverized, on a soft, wet bit of linen.

(5) Squeeze the juice of a good-sized lemon into a tumbler of water, and every half hour take two or three mouthfuls of this liquid. If relief is not experienced within twenty-four hours, continue the remedy. In slight cases the above has often proved an effectual cure.

(6) Many cases of neuralgia have been cured by the common field thistle. The leaves are macerated and used on the parts affected as a poultice, while

a small quantity of the leaves are made a tea of, and a small wine of the decoction is taken as a drink before each meal.

(7) A simple remedy for neuralgia is horseradish. Grate and mix it in vinegar, the same as for table purposes, and apply to the temple when the face or the head is affected, or the wrist when the pain is in the arm or shoulder.

(8) Half a dram of sal-ammoniac in one ounce of camphor water, to be taken a teaspoonful at a dose, and the dose repeated several times, at intervals of five minutes, if the pain be not relieved at once.

(9) Persons troubled with neuralgia will find this a cure, if they try it. Two drops of laudanum in half teaspoonful of warm water and dropped into the ears; it will give immediate relief.

(10) It is said that the fumes of sugar snuffed up the nose will cure ordinary cases of neuralgia. Put a small quantity of sugar on a hot shovel and try it as directed.

Nipples, Sore.—Pour boiling water on nutgalls (oak bark if galls cannot be obtained), and when cold, strain it off, and bathe the parts with it, or dip the cloth in the tea, and apply it; or twenty grains of tannin may be dissolved in an ounce of water, and applied. The application of a few drops of collodion to the raw surface is highly recommended. It forms, when dry, a perfect coating over the diseased surface.

Nose Bleed.—(1) Snuffing up powdered alum will generally control troublesome bleeding from the nose. It will also almost always stop excessive hemorrhage from a cavity caused by the extraction of a tooth, by being placed in it.

(2) The best remedy for bleeding at the nose, as given by Dr. Gleason in one of his lectures, is in the vigorous motion of the jaws, as if in the act of mastication. In the case of a child, a wad of paper should be placed in its mouth, and the child should be instructed to chew it hard. It is the motion of the jaws that stops the flow of blood. This remedy is so very simple that many will feel inclined to laugh at it, but it has never been known to fail in a single instance, even in very severe cases.

(3) Lint, dipped in the nettle juice and put up the nostril, has been known to stay the bleeding of the nose when all other remedies have failed; fourteen or fifteen of the seeds, ground into powder and taken daily, will cure the swelling of the neck, known by the name of *goiter*, without in any way injuring the general health.

(4) Bleeding from the nose may be stopped by pressing the nostrils together for some minutes. Ice applied to the bridge of the nose or nape of the neck, snuffing up into the nostrils ice-water, vinegar, or gum-arabic powder, are all of them available means to check the effusion.

Odor from Perspiration.—The unpleasant odor produced by perspiration is frequently the source of vexation to persons who are subject to it. Nothing is simpler than to remove this odor. Put two tablespoonfuls of spirits of ammonia (hartshorn) in a basin of water, and wash. This leaves the skin clean and fresh. The wash is perfectly harmless and very cheap.

Piles.—The ingredients are: Two tablespoonfuls of tar, eight tablespoonfuls of lard, not heaped. First wash the parts effected with castile soap and water, and then apply the ointment. The ointment should be used once or twice each day.

Pimples.—(1) It requires self-denial to get rid of pimples, for persons troubled with them will persist in eating fat meats and other articles of food calculated to produce them. Avoid the use of rich gravies, or pastry, or anything of the kind in excess. Take all the out-door exercise you can and never indulge in a late supper. Retire at a reasonable hour, and rise early in the morning. Sulphur to purify the blood may be taken three times a week—a thimbleful in a glass of milk before breakfast. It takes some time for the sulphur to do its work, therefore persevere in its use till the humors, or pimples, or blotches, disappear. Avoid getting wet while taking the sulphur.

(2) Try this recipe: Wash the face twice a day in warm water, and rub dry with a coarse towel. Then with a soft towel rub in a lotion made of two ounces of white brandy, one ounce of cologne, and one half ounce of liquor potassa. Persons subject to skin erup-

tions should avoid very salt or fat food. A dose of Epsom salts occasionally might prove beneficial.

(3) Wash the face in a dilution of carbolic acid, allowing one teaspoonful to a pint of water. This is an excellent and purifying lotion, and may be used on the most delicate skins. Be careful about letting this wash get into the eyes.

(4) Oil of sweet almonds, one ounce; fluid potash, one dram. Shake well together, and then add rose-water, one ounce; pure water, six ounces. Mix. Rub the pimples or blotches for some minutes with a rough towel, and then dab them with the lotion.

(5) Dissolve one ounce of borax, and sponge the face with it every night. When there are insects, rub on flour of sulphur, dry, after washing rub well and wipe dry; use plenty of castile soap.

(6) Dilute corrosive sublimate with oil of almonds. A few days' application will remove them.

Pneumonia.—It will be remembered that in old age the lungs are much shriveled, less elastic, and can not be fully inflated; the air cells are dilated to about twice their size, many of the capillaries are obliterated, the breathing is more feeble and shallow, and the power to get rid of carbonic acid is greatly diminished.

Hence pneumonia (inflammation of the lungs) is not only one of the most common diseases of old age, but the most fatal—over three-fourths (some say nine-tenths) of the aged dying with it. The main work of the lungs is done by the air-cells, the tiny laboratories in which the smaller branches of the air-tubes terminate, as the branches of a tree terminate in the leaves. Now it is these that are the seat of pneumonia.

In the first stage of the disease they become—in some part of the lungs—filled with a sticky fluid, exuded from the blood vessels; in the second stage this fluid becomes solid; in the third it changes to pus. If the pus is absorbed—which is seldom the case in old age—the person may recover, but only after months of convalescence. If it results in gangrene (mortification), the gangrene may form numerous small abscesses through an entire lung. In the aged the disease seldom commences with well-defined symptoms.

In about one-half the cases there is simply a chill or a pain in the side. In most of the other cases the main symptom is a feeling of exhaustion. If there is already chronic bronchitis or asthma, the person may merely feel a little tired, and suddenly die.

Though most persons cough, there is for a time no expectoration. When it appears it is at first scanty, gray and frothy; then yellow, and at length reddish and sticky. Patients seldom complain of pain or difficulty of breathing.

The more common exciting cause is cold, especially dry, sharp. Nine-tenths of all cases occur between November and May. During this period the aged cannot be too carefully protected from exposure. They should constantly wear flannel.

About all that can be done for the patient is to stimulate him with drinks, nourish him with concentrated fluid food, and secure him absolute rest.

Poison Ivy.—(1) Dr. Benjamin Edson, of Brooklyn, has had much experience with cases of poisoning by poison ivy, *Rhus Toxicodendron*. He is familiar with alkali and other washes usually employed in their treatment and considers them of little, if any, value. He has treated some severe cases, he states in the *Medical Record*, with fluid extract of gelsemium with uniformly the best results. As most of our readers know, gelsemium is the yellow jessamine of the South. The extract was employed in a wash made by mixing together a half dram of carbolic acid, two drams of the fluid extract of gelsemium, one-half ounce of glycerine and four ounces of water. With this cloths were kept moistened and applied to the parts affected. Two drops of the fluid extract of gelsemium was also given internally every three hours. Some cases were also treated with the same mixture with the carbolic acid omitted, and these yielded no less promptly than the others.

(2) Bathe the parts affected with sweet spirits of niter. If the blisters are broken so that the niter be allowed to penetrate the cuticle, more than a single application is rarely necessary, and even where it is only applied to the surface of the skin three or four times a day, there is rarely a trace of the poison left next morning.

(3) A wash made from the spotted

alder is recommended for ivy poisoning. Also the shop water of a blacksmith's trough as a sure cure for poison ivy, and dogwood and strong salt and water as an antidote for the poisoning of sumach.

Poisons, Antidotes for.—(1) The most dangerous of the vegetable poisons are the hemlocks (including the hemlock dropwort, water hemlock, and the common hemlock), fool's parsley, monkshood, foxglove, black hellebore, or Christmas rose, buck-bran, henbane, thorn apple, and deadly nightshade. In a case of vegetable poisoning, says *Knowledge*, "emetics (the sulphate of zinc, if procured) should be used at once, the back of the throat tickled with a feather, and copious draughts of tepid water taken to excite and promote vomiting. Where these measures fail, the stomach-pump must be used. Neither ipecacuanha nor tartar emetic should be used to cause vomiting, as during the nausea they produce before vomiting is excited the poison is more readily absorbed. Vinegar must not be given until the poisonous matter has been removed; but afterward it may be given in doses of a wineglassful, one part vinegar to two parts water, once every two hours in mild cases, but oftener—to half hourly doses—in cases of greater severity. Where there is stupor, the patient should be kept walking about, and if the stupor is great cold water may be dashed over the head and chest. Strong coffee may be used where the narcotic effect of the poisoning is very marked. It is all-important that in cases of vegetable poisoning a medical man should be sent for at once."

(2) If a person swallow any poison whatever, or has fallen into convulsions from having overloaded the stomach, an instantaneous remedy, more efficient and applicable in a larger number of cases than any half a dozen medicines we can think of, is a heaping teaspoonful of common salt and as much ground mustard, stirred rapidly in a teacup of water, warm or cold, and swallowed instantly. It is scarcely down before it begins to come up, bringing with it the remaining contents of the stomach; and lest there be any remnant of poison, however small, let the white of an egg, or a teacup of strong coffee be swallowed as soon as the stomach is quiet. These

very common articles nullify a larger number of virulent poisons than any medicines in the shops.

(3) Great quantities of Paris green are used during some seasons of the year, and as accidents may happen, it is well to know the antidote for the poison. Paris green owes its deadly properties to arsenic, as does London purple. Should either of these be taken into the stomach, let the person drink copious draughts of milk, or raw eggs beaten up, and as soon as possible give an emetic, mustard is as good as anything, and keep up the action of vomiting by giving milk between the paroxysms of vomiting. When the stomach no longer rejects what is swallowed, give a good dose of castor oil.

(4) It cannot be too generally known that the ordinary calcined magnesia, mixed with water, is considered a certain antidote to numerous poisons, especially those of metallic origin, such as arsenic, corrosive sublimate, sulphate of zinc, etc. In cases of this deplorable kind, two or three teaspoonfuls of magnesia, mixed with water, should be at once administered, which, in all probability, will save the patient until the doctor comes.

(5) Hundreds of lives have been saved by a knowledge of this simple recipe. A large teaspoonful of made mustard mixed in a tumbler of warm water, and swallowed as soon as possible; it acts as an instant emetic, sufficiently powerful to remove all that is lodged in the stomach.

(6) A standing antidote for poison by dew, poison-oak, ivy, etc., is to take a handful of quicklime, dissolve in water, let it stand half an hour, then paint the poisoned parts with it. Three or four applications will never fail to cure the most aggravated cases.

(7) The only safe and immediate remedy within the reach of a non-professional, in case of poisoning with prussic acid, is to pour a stream of cold water, from an elevation, upon the head and spine of the patient.

(8) If a person has taken an overdose of laudanum, very strong coffee is a specific antidote. Keep the patient on his feet and keep him walking. Sleep is fatal under such circumstances.

Prickly Heat.—Prickly heat is a very common and troublesome disease. The most effectual remedy for it that we know of is a powder composed of

one part of oxide of zinc, three parts of oxide of magnesia, and sixteen parts of sublimate of sulphur. Place the powder on a plate and press a damp sponge on it. Rub the body with the sponge, to which the particles of powder have adhered, and continue the application for fifteen minutes, then wash the parts clean of the adhering particles. Repeat twice or three times every twenty-four hours.

Pulmonary Complaints.—When an effusion of blood from the lungs takes place, a prompt and infallible resource might readily be provided, so as to meet the occasion with a safe and decided effect. From twenty to thirty-five drops of the spirits of turpentine in a glass of water will produce an instantaneous collapse of the mouth of the blood vessel. It is also asserted that, in the above case, a tumblerful of strong gin-toddy, or gin and water, will have the same effect.

Pulmonary Diseases, Petroleum in.—A partial investigation has been made of the alleged utility of this article in affections of the chest. The petroleum of Pennsylvania and Virginia was first experimented upon—a very safe substance, for even considerable quantities, when swallowed by error, have caused only a little nausea. It is found that in chronic bronchitis, with abundant expectoration, it rapidly diminishes the amount of secretion and the paroxysms of coughing, and in simple bronchitis rapid amelioration has been obtained. Its employment in phthisis has been continued for too short a time, as yet, to allow of any judgment being formed as to its efficiency, beyond that it diminishes the expectoration, which also loses its purulent character. The petroleum is customarily taken in doses of a teaspoonful before each meal, and, after the first day, any nausea which it may excite in some persons disappears.

Quinsy.—(1) Our cure is tar spread on the throat and quite up under the ears. Cover with a cloth and go to sleep and wake up well. Only a brown stain will remain; it is easily washed off with castile soap. It is a sure relief. It is our opinion that in cases of incipient scarlet fever or diphtheria this is the remedy. It looks reasonable if it brings sure relief in quinsy, which it does.

(2) A teaspoonful of red sage leaves to one quart of water, boil ten minutes, add four tablespoonfuls of vinegar, and sweeten with honey. In the first stage of the disease, it might be used as a gargle, and then to rinse the mouth; it should be used warm. It will be found invaluable.

Rheumatism.—(1) Dr. Ebrards, of Nimes, states that he has for many years treated all his cases of sciatica and neuralgic pains with an improvised apparatus consisting merely of a flat-iron and vinegar, two things that will be found in every house. The iron is heated until sufficiently hot to vaporize the vinegar, and is then covered with some woollen fabric, which is moistened with vinegar, and the apparatus is applied at once to the painful spot. The application may be repeated two or three times a day. Dr. Ebrards states that, as a rule, the pain disappears in twenty-four hours, and recovery ensues at once.

(2) Take cucumbers, when full grown, and put them into a pot with a little salt; then put the pot over a slow fire, where it should remain for about an hour; then take the cucumbers and press them, the juice from which must be put into bottles, corked up tight, and placed in the cellar, where they should remain for about a week; then wet a flannel rag with the liquid, and apply it to the parts affected.

(3) Half ounce of strongest camphorated spirit, one ounce spirits of turpentine, one raw egg, half pint best vinegar. Well mix the whole, and keep it closely corked. To be rubbed in three or four times a day. For rheumatism in the head, or faceache, rub all over the back of the head and neck, as well as the part which is the immediate seat of pain.

(4) Dr. Bonnett, of Graulbet, France, recommends and prescribes for chronic rheumatism the use of the essential oil of turpentine by friction. He used it himself with perfect success, having almost instantaneously got rid of rheumatic pains in both knees and in the left shoulder.

(5) A very simple remedy for rheumatism of the extremities, and one that often gives great relief, is, to take a large piece of thick flannel, sprinkle it well with finely pulverized sulphur, and then bind snugly about the limb, with the sulphur next the skin.

(6) For sciatic rheumatism the following is recommended: Two drams iodide potassium, four ounces cinnamon water. Mix. Take a teaspoonful three times a day before eating. It is also excellent for dyspepsia.

(7) Tincture of gum guaiacum, ten to fifteen drops, three times a day. I have never known it to fail in making a cure, except in cases of long standing, when it will afford great relief.

Rheumatism, Inflammatory.—(1) Sulphur and saltpeter, of each one ounce; gum guaiacum, one-fourth ounce; colchicum root, or seed, and nutmegs, of each one-fourth ounce, all to be pulverized and mixed with simple syrup, or molasses, two ounces. Dose: One teaspoonful every two hours until it moves the bowels rather freely; then three or four times daily until cured.

(2) Half an ounce of pulverized saltpeter put in half a pint of sweet oil; bathe the parts affected, and a sound cure will speedily be effected.

Ringworm.—(1) Oil of paper made by burning a sheet of ordinary writing paper upon a plate, will cure a ringworm, which is caused by contagion or some impurity in the blood; the oil will be seen after the paper is burned in the form of a yellow spot; this applied with the finger twice a day will in a very short time cure the worst of ringworms.

(2) Tincture of iodine, painted over a ringworm, for three or four days in succession, will entirely cure it in a few days. It stains the skin considerably wherever it is applied, and this is the only objection to it. Those who object to this need not use it; they may keep the ringworm. The stain goes off in a few days.

(3) Heat a shovel to a bright red, cover it with grains of Indian corn, press them with a cold flat iron. They will burn to a coal and exude an oil on the surface of the flat iron, with which rub the ring and after one or two applications it will gradually disappear.

(4) Make a curd by mixing alum and the white of an egg over a fire until it is the consistency of pomatum; spread over the ringworm. One or two applications should effect a cure.

(5) Simple cerate, one pound; diluted sulphuric acid, one-quarter of a pound. Mix and apply.

(6) To one part of sulphuric acid add sixteen parts of water. Use a brush or

feather, and apply it to the parts night and morning. If the solution prove too strong, add a little more water. If the irritation is excessive, apply a little glycerine. Avoid the use of soap.

Salt Rheum.—Take half a pound of swamp sassafras-bark and boil it, in enough fresh water to cover it, for the space of half an hour. Take off the water, and thoroughly wash the part affected. Add hog's lard to some of the water, and simmer it over a moderate fire until the water is evaporated: anoint the part affected, continuing the washing and anointing four days. A cure is generally certain.

Scald Head.—This appearance is the result of a bad state of the system—bad blood—the humors affecting the head often in consequence of neglect of cleanliness, or too rough combing or brushing of the head. There are cases in which wet cloths applied to the head, wet in arnica and water (four parts of water to one of arnica), may soon remove the difficulty if there is not too much of impurity in the system seeking an escape in this way.

Such a child should be much in the open air, be regular in taking food, eat the simplest kinds—the less the better of grease, salt, and the sweets generally. The parts may be bathed in arnica, glycerine or sweet oil, to protect them from the irritation of the air, etc.

In specially stubborn cases, it is well to produce an irritation in another part of the body, by the mustard or blister plaster, diverting it from the head, since the head is more likely to be attacked than most parts of the body. Its appearance is not a misfortune, but the location is not the best.

By no means use any sugar of lead or anything like it—an active poison—and do not attempt to “dry it up,” or suddenly cure it, since there is always danger of driving it to some internal organ, some unsafe place; it is safer to do nothing, allowing nature to care for it, than to do wrong. It is not best to “dabble” with unknown remedies—poisons—or to listen to all told you by your neighbors, who may know nothing of the matter, though they may have had many children, which fact never gives intelligence.

Scarlet Fever.—(1) Mr. Robert Christie, a San Francisco journalist, suggests a remedy for the scarlet fever

which he avers has invariably proved successful. It is very simple, and lies within the reach of those whose limited means preclude them from employing the services of a physician. It is this: Take an onion, and cut it in halves; cut out a portion of the center, and into the cavity put a spoonful of saffron; put the pieces together, then wrap in cloth and bake in an oven until the onion is cooked so that the juice will run freely; then squeeze out all the juice, and give the patient a teaspoonful, at the same time rubbing the chest and throat with goose grease or rancid bacon, if there is any cough or soreness in the throat. In a short time the fever will break out in an eruption all over the body. All that is then necessary is to keep the patient warm, and protected from draught, and recovery is certain. Mr. Christie says he has been employing this remedy for many years, and never knew it to fail, when proper care was taken of the patient after its application. One family, in which there were five children down with the disease at one time, recently, used this simple remedy upon his telling them of it, and every one of the little ones recovered in a short time.

(2) An eminent physician says he cures ninety-nine out of every hundred cases of scarlet fever, by giving the patient warm lemonade with gum arabic dissolved in it. A cloth wrung out in hot water and laid upon the stomach, should be removed as rapidly as it becomes cool.

Sciatica.—An English officer, who served with distinction in the war with Napoleon, was once laid up in a small village in France, with a severe attack of sciatica. It so happened that at that time, a tinman was being employed at the hotel where he lodged, and that this tinman, having been himself a soldier, took an interest in the officer's case, and gave him the cure which in this instance succeeded immediately and forever, and which I am about to set down. It is at any rate so simple as to be worth a trial: Take a moderate size potato, rather large than small, and boil it in one quart of water. Foment the part affected with the water in which the potato has been boiled as hot as it can be borne at night before going to bed; then crush the potato and put it on the affected part as a poultice. Wear this all

night and in the morning heat the water, which should have been preserved, over again, and again foment the part with it as hot as can be borne. This treatment must be persevered with for several days. It occasionally requires to be continued for as much as two or three weeks, but in the shorter or longer time it has never yet failed to be successful.

Scrofula.—(1) Yellow dock root has proved very useful in scrofula. It is given in powder or decoction. Two ounces of the fresh root bruised, or one ounce of the dried, may be boiled in a pint of water, of which two fluid ounces may be given at a dose, and repeated as the stomach will bear. The root has also been applied externally in the shape of ointment, cataplasm, and decoction, to the cutaneous eruptions and ulcerations for which it has been used internally. The powdered root is also recommended as a dentifrice, especially when the gums are spongy. There is no doubt that in a great many cases the disease is inherited; some contend that it is so in all cases. It shows itself in various forms—as hip-disease, white swelling, rickets, salt rheum, etc. Persons affected by it are subject to swelling of the glands, particularly those of the neck.

(2) A tea made of ripe, dried whortleberries, and drank in place of water, is a sure and speedy cure for scrofula difficulties, however bad.

Scurf.—(1) A lump of fresh quicklime the size of a walnut, dropped into a pint of water and allowed to stand all night, the water being then poured off from the sediment and mixed with a quarter of a pint of the best vinegar, forms the best wash for scurf in the head. It is to be applied to the roots of the hair.

(2) Half a pint of rose-water, and one ounce of spirits of wine mixed together. Part the hair as much as possible, and apply the mixture with a piece of flannel.

Seasickness.—The following remedy, preventive of seasickness, is recommended by Prof. E. Tourgee, of Boston, manager of tourist excursions. It was tried by himself and family, five in all, who had suffered from sea-sickness on every former voyage across the Atlantic, and in each case it proved entirely successful, and produced no un-

favorable results. Dissolve one ounce of bromide of sodium in four ounces of water. Take one teaspoonful three times a day before eating. Begin taking the above three days before starting on the ocean voyage.

Shampooing Liquid.—An excellent shampoo is made of salts of tartar, white castile soap, bay-rum and luke-warm water. The salts will remove all dandruff, the soap will soften the hair and clean it thoroughly, and the bay-rum will prevent taking cold.

Sickness of Stomach.—(1) The following drink for relieving sickness of the stomach was introduced by Dr. Halahan, and is said to be very palatable and agreeable: "Beat up one egg very well, say for twenty minutes; then add fresh milk, one pint; water, one pint; sugar, to make it palatable; boil, and let it cool; drink when cold. If it becomes curds and whey it is useless.

(2) Salts of tartar, thirty grains; oil of mint, six drops; powdered gum arabic, eighth of an ounce; powdered loaf sugar, eighth of an ounce; water, six ounces. A tablespoonful of this mixture is a dose.

(3) Sickness of the stomach is most promptly relieved by drinking a teacupful of hot soda and water. If it brings all the offending matter up all the better.

Sleeplessness.—(1) Nervous persons, who are troubled with wakefulness and excitability, usually have a strong tendency of blood to the brain, with cold extremities. The pressure of the blood on the brain keeps it in a stimulated, or wakeful state, and the pulsations in the head are often painful. Let such rise and chafe the body and extremities with a brush or towel, or rub smartly with the hands, to promote circulation, and withdraw the excessive amount of blood from the brain, and they will fall asleep in a few moments. A cold bath or a sponge bath and rubbing, or a good run, or rapid walk in the open air, or going up or down stairs a few times just before retiring, will aid in equalizing circulation and promoting sleep. These rules are simple and easy of application, in castle or cabin.

(2) A little English work, "Sleep and How to obtain it," says that insomnia is not so dangerous as is commonly supposed, for the author knows an emi-

nent man of letters who has suffered from it for many years without injury. When a man begins to dream of his work he may know that he is under too great a mental strain. The author's plan of inducing sleep is to reckon up friends and acquaintances whose name begins with a certain letter.

(3) If troubled with wakefulness on retiring to bed, eat three or four small onions; they will act as a gentle and soothing narcotic. Onions are also excellent to eat when one is much exposed to cold.

Small-pox.—(1) The following remedy for this loathsome disease is very simple, and on the authority of a surgeon of the British army of China, it is said to be a thorough cure, even in extreme cases: When the preceding fever is at its height, and just before the eruption appears, the chest is rubbed with croton oil and tartaric ointment. This causes the whole eruption to appear on that part of the body, to the relief of the rest. It also secures a full and complete eruption, and thus prevents the disease from attacking the internal organs.

(2) The following will cure not only small-pox, but also scarlet fever. It is harmless when taken by a person in health: Sulphate of zinc, one grain; foxglove (*digitalis*), one grain; half a teaspoonful of sugar; mix with two tablespoonfuls of water. When thoroughly mixed add four ounces of water. Take a spoonful every hour. Either disease will disappear in twelve hours. For a child, smaller doses, according to the age. If countries would compel their physicians to use this there would be no need of a pest-house.

(3) "I am willing to risk my reputation as a public man," wrote Edward Hine to the *Liverpool Mercury*, "if the worst case of small-pox cannot be cured in three days, simply by the use of cream of tartar. One ounce of cream of tartar dissolved in a pint of water, drank at intervals when cold, is a certain never-failing remedy. It has cured thousands, never leaves a mark, never causes blindness, and avoids tedious lingering."

Snake Bites.—Turpentine is said to be a sure cure for a bite of a snake. It should be put in a bottle, and the mouth being placed over the spot, the liquid brought directly in contact with the wound by inverting the bottle,

which should be held there until relief is obtained. A complete alleviation of pain has been known to ensue in less than a quarter of an hour. An important discovery.

Sore Throat.—(1) An exchange thinks that salt and water, a large tablespoonful of salt to half a tumbler of water, used as a gargle for sore throat just before meal-time, is an excellent remedy for such complaint. A little red pepper should be added if the salt water does not prove successful. Red pepper, honey or sugar, and sharp vinegar, simmered together, and then tempered with water so as not to be too strong, is a good remedy easily obtained.

(2) Sometimes a sore throat can be cured by the following simple recipe: Soak in water a small piece of bread and mix with it a pinch of cayenne pepper; roll it up in the form of a pill and swallow it. Usually in three hours the patient will be relieved of all pain. In aggravated cases a second dose may be requisite.

(3) If you have a sore throat, slight or serious, a piece of camphor-gum as large as a pea, kept in the mouth until dissolved, will give relief and oftentimes cure. It is said on good authority, if the gum is used in season, you will never have diphtheria—it is a good preventive.

(4) A gargle of salt and vinegar, with a little cayenne pepper, will do more to disperse soreness of the throat than any other remedy of which we have heard. It stimulates the glands, promotes free secretion, and will sometimes cure in a few hours.

(5) One ounce of best Peruvian bark, two wineglassfuls of honey, burnt alum the size of two walnuts, borax the size of a shellbark. Mix these ingredients in a quart of water, and then stew them until reduced to a pint. Shake the mixture previous to using it.

(6) An excellent remedy for sore throat is brewers' yeast and honey—four tablespoonfuls of the first and one teaspoonful of the latter. Mix in a cup, and gargle the throat two or three times an hour.

(7) Chlorate of polish dissolved in water is a standard remedy for sore throat, particularly when the throat feels raw.

(8) Use a gargle of a goblet half full of water, with a teaspoonful of common baking soda dissolved in it.

Spasms.—To cure this distressing form of malady, take two pennyworth of camphor, and infuse it in one pint of brandy. Let it stand forty-eight hours, and then it is fit for use. When the attack comes on, take one teaspoonful in a wineglass of water.

Sprains and Bruises.—(1) The best treatment of sprains and bruises is the application of water, of such temperature as is most agreeable. The degree of temperature varies with the temperature of the weather and the vigor of the circulation. In a hot day use cool or cold water. If the circulation is low use warm water. The bruised or sprained parts may be immersed in a pail of water, and gently pressed or manipulated with the hand or soft cloth for ten or fifteen minutes, or even longer in severe cases, after which wrap up the parts in cloths wet in cold water, and keep quiet. This treatment keeps down the inflammation, and in nine cases out of ten proves a speedy cure. The liniments and filthy ointments so much used for sprains do not compare with this simple treatment in efficacy.

(2) Take one part blue clay and two parts vinegar, and make into a paste, and bind on at night with a wet towel. One application is generally sufficient.

(3) Make pounded resin into a paste with fresh butter, lay it on the sprained part and bind it up.

Stammering.—No stammering person ever found any difficulty in singing. The reason of this is, that by observing the measure of the music—by keeping time—the organs of speech are kept in such position that enunciation is easy. Apply the same rule to reading or speech, and the same result will follow. Let the stammerer take a sentence say this one—"Leander swam the Hellespont," and pronounce it by syllables, scan it, keeping time with the finger if necessary, letting each syllable occupy the same time, thus, Le-an-der-swam-the-Hel-les-pont, and he will not stammer. Pronounce slowly at first, then faster, but still keeping time; keeping time with words instead of syllables. Practice this in reading and conversation until the habit is broken up. Perseverance and attention is all that is necessary to perform a perfect cure.

Stiff Neck.—Apply over the place affected a piece of black oil-cloth with

the right side to the skin, then tie up the neck with a thick handkerchief. In a short time the part will grow moist, and by leaving thus twelve hours, the pain will be removed.

Sty on the Eyelid.—(1) Put a teaspoonful of tea in a small bag; pour on it just enough boiling water to moisten it; then put it on the eye pretty warm. Keep it on all night, and in the morning the sty will most likely be gone; if not, a second application is sure to remove it.

(2) Ice will check at first; if they do not suppurate quickly, apply warm poultices of bread and milk; prick them and apply citrine ointment.

(3) Dip a feather in the white of an egg, and pass it along the edge of the eyelids.

Sunburn.—(1) Take two drams of borax, one dram of Roman alum, one dram of camphor, half an ounce of sugar-candy, one pound of ox gall; mix and stir well for ten minutes or so, and repeat this stirring three or four times a day for a fortnight, till it appears clear and transparent. Strain through blotting paper, and bottle up for use. It is said that strawberries rubbed over the face at night will remove freckles and sunburn.

(2) Wash the face at night with either sour milk or buttermilk, and in the morning with weak bran tea and a little eau-de-cologne. This will soften the skin and remove the redness, and will also make it less liable to burn again with exposure to the sun. Bathing the face several times in the day with elder flower water and a few drops of eau-de-cologne is very efficacious.

(3) Put two spoonfuls of sweet cream into half a pint of new milk; squeeze into it the juice of a lemon, add half a glass of genuine French brandy, a little alum and loaf sugar; boil, skim well, and, when cold, it is fit for use.

Sunstroke.—As soon as you reach your patient take hold of him or her and carry or drag him or her into the shade. Place the body in a sitting posture, the back against a wall, with the feet and legs resting upon the sidewalk and extending in front of the body. Get ice water and a bottle of some strong essence of ginger. Pour the ice water over the head, copiously; never mind the clothes. Then pour two or three tablespoonfuls of ginger

in about half a tumbler of water, and make the patient swallow it quickly. Keep the head cool by using a little of the ice water, and in case there is not much of a glow on the body give more ginger. If this recipe is promptly used and fully carried out in every case the Board of Health will never have a death to record from this cause. It is no experiment or quack remedy. It costs but a few cents and a half-hour or an hour's time. Ginger is by far the best to use, and where it cannot be had quickly two or three good drinks of brandy will answer.

Sunstroke, To prevent.—Sunstroke is prevented by wearing a silk handkerchief in the crown of the hat, or green leaves, or a wet cloth of any kind; but, during an attack, warm water should be instantly poured on the head, or rags dipped in the water and renewed every minute. The reason is twofold—the scalp is dry and hot, and the warm water not only removes the dryness but carries off the extra heat with great rapidity by evaporation.

Taking Cold.—When a person begins to shiver, the blood is receding from the surface; congestion, to a greater or less extent has taken place, and the patient has already taken cold, to be followed by fever, inflammation of the lungs, neuralgia, rheumatism, etc. All these evils can be avoided and the cold expelled by walking, or in some exercise, that will produce a prompt and decided reaction in the system. The exercise should be sufficient to produce perspiration. If you are so situated that you can get a glass of hot water to drink, it will materially aid the perspiration, and in every way assist nature in her efforts to remove the cold. This course followed, your cold is at an end, and whatever disease it would ultimate in is avoided, your sufferings are prevented and your doctor's bills saved.

Teeth, The.—The teeth need brushing at least before going to bed every night, and are better for being cleansed after each meal. Tartar can be removed by using pumice stone reduced to powder, rubbing it on the teeth with a bit of soft wood made into a brush. Where the gums are sensitive, there is nothing better than the chalk and myrrh dentifrice. Where the top of a tooth is very sensitive, wet a bit of

chalk and lay it on under the lip. Where the breath is offensive the mouth should be rinsed with water in which an atom of permanganate of potash has been dissolved; just enough should be used to make the water pink. Take care not to swallow any, as it is a poison. Crooked teeth in children can often be straightened, without applying to a dentist, if the parents watch the teeth when coming through, and several times a day press the crooked one into position. Of course where the arch of the mouth is defective, the upper teeth protruding over the under lip, or the under jaw projects, the services of a skillful dentist will be required. It is only after the permanent teeth arrive that such operations are performed.

Tetter.—Procure some strawberry leaves, and lay the outside, or woolly side of the leaf on the parts affected. They must be laid on very thick, and be changed occasionally. They will draw out inflammation, and cure the disease.

Throat, Foreign bodies in the.—“Foreign bodies lodged in the throat can be removed,” says Dr. Beveridge, a British naval surgeon, “by forcibly blowing into the ear.” The plan is so easily tried and so harmless that we suggest its use.

Tobacco Antidote.—Buy two ounces or more of gentian root, coarsely ground. Take as much of it after each meal, or oftener, as amounts to a common quid of “fine-cut.” Chew it slowly and swallow the juice. Continue this a few weeks, and you will conquer the insatiable appetite for tobacco, which injures both mind and body, and from which thousands struggle to be free, but give up in despair.

Toothache.—(1) Bicarbonate of soda as a remedy for toothache, has been used very successfully. It was first introduced to the public by Dr. Duckworth, of St. Bartholomew's Hospital, London, who resorted to it when chloroform, carbolic acid, and everything else had failed. His recipe is to soak small pieces of cotton in a solution of thirty grains of bicarbonate of soda to one fluid ounce of water, and insert the cotton in the tooth. Dr. Duckworth is of the opinion that very frequently the pain is due to the contact of acid saliva with the decayed

tooth; and therefore, it is important, in cases of toothache, first to determine whether the saliva had an acid reaction. If this be the case, then a simple alkaline application, as above stated, is the most efficacious means of cure.

(2) The worst toothache, or neuralgia coming from the teeth, may be speedily ended by the application of a small bit of clean cotton saturated in a strong solution of ammonia to the defective tooth. Sometimes the application causes nervous laughter, but the pain has disappeared.

(3) If the tooth contains a cavity which can be easily reached, fill it with sugar of lead. Allow it to remain a few minutes, then wash it out with warm water, being careful to remove all of it. This is the most prompt relief for toothache—save the forceps—with which we are familiar.

(4) Put a piece of quicklime, as big as a walnut, in a pint of water in a bottle. Clean the teeth with a little of it every morning, rinsing the mouth with clean water afterward. If the teeth are good, it will preserve them, and keep away the toothache; if the teeth are gone, it will harden the gums, so that they will masticate crusts and all.

(5) Take alum, reduce to an impalpable powder, 2 drams; nitrous spirits of ether, 7 drams. Mix and apply them to the tooth. This is said to be an infallible cure for all kinds of toothache (unless the disease is connected with rheumatism).

(6) Steep a piece of coarse brown paper in cold vinegar, then grate ginger on it, and apply to the side of the face affected; the application to be made at bed-time, and kept on during the whole of the night.

(7) One ounce of alcohol, two drams cayenne paper, one ounce kerosene oil; mix, and let stand twenty-four hours—a sure cure.

Tooth Powder.—(1) Dissolve two ounces of borax in three pints of boiling water, and before it is cold, add one teaspoonful of the spirits of camphor, and bottle for use. A tablespoonful of this mixture, mixed with an equal quantity of tepid water, and applied daily with a soft brush, preserves and beautifies the teeth, extirpates all tartarous adhesion, arrests decay, induces healthy action of the gums, and makes the teeth pearly white.

(2) The dark colored substance which collects on neglected teeth cannot be removed with a brush and water. Pulverized charcoal will take it off, but this scratches the enamel and leads to decay of the tooth. A better substance is pumice stone in powder. Dip a pine stick into it, and scour the teeth. After this treatment the daily use of the tooth brush and tepid water will be sufficient.

(3) A good way to clean teeth is to dip the brush in water, rub it over genuine white castile soap, then dip it in prepared chalk. A lady says: "I have been complimented upon the whiteness of my teeth, which were originally anything but white. I have used the soap constantly for two or three years, and the chalk for the last year. There is no danger of scratching the teeth, as the chalk is prepared, but with a good stiff brush and the soap, is as effectual as soap and sand on a floor.

(4) Mix six ounces of the tincture of Peruvian bark with half an ounce of sal ammoniac. Shake it well before using. Take a spoonful and hold it near the teeth; then with a finger dipped into it, rub the gums and teeth, which must afterward be washed with warm water. This tincture cures the toothache, preserves the teeth and gums, and makes them adhere to each other.

(5) Prepared chalk, one pound; camphor, one or two drachms. The camphor must be finely powdered, by moistening it with a little spirits of wine, and then intimately mixed with the chalk.

(6) Ingredients: Powdered charcoal, four ounces; powdered yellow bark, two ounces; powdered myrrh, one ounce, orris root, half an ounce.

(7) Ten cents' worth ground chalk, five cents' worth orris root, five cents' worth myrrh, one teaspoonful powdered castile soap. Mix all well together.

(8) A mixture of honey with the purest charcoal will prove an admirable cleanser.

Typhoid Fever.—Dr. Guillasse, of the French navy, in a recent paper on typhoid fever, speaks of the great benefit which has been derived from the use of coffee. He has found that no sooner have the patients taken a few tablespoonfuls of it than their features become relaxed and they come to their senses; next day the improvement is such as to leave no doubt that

the article is just the specific needed. Under its influence the stupor is dispelled and the patient rouses from the state of somnolency in which he has been since the invasion of the disease; soon, all the functions take their natural course, and he enters upon convalescence. Dr. Guillasse gives to an adult two or three tablespoonfuls of strong black coffee every two or three hours, alternated with one or two teaspoonfuls of claret or Burgundy wine—a little lemonade or citrate of magnesia to be taken daily; after a while quinine.

Ulcers.—Here is a recipe that will cure any sore on man or beast that has ulcerated. Take two and one-half drams blue stone, four drams alum, six drams loaf sugar, one dram sugar of lead, one tablespoonful honey. Put all into a bottle, put in one pint of vinegar, shake it three or four times a day, until they are dissolved, and it is ready for use. Pour some of it out and add water when you first apply to any sore, as it makes it smart at the first application; apply three times a day.

Ventilation.—The best way to admit pure air in the night (where windows are the only mode of ventilation) is to open the sleeping-room into a hall where there is an open window in order to avoid the draught. A window with a small opening at the top and bottom ventilates more than one with one opening only.

Warts.—(1) A much safer remedy for warts than nitrate of silver is sal ammoniac. Get a piece about the size of a walnut; moisten the warts, and rub the sal ammoniac well on them every night and morning, and in about a fortnight they will probably disappear. If not, do not despair, but continue the process till they are gone.

(2) The best treatment of warts is to pare the dry hard skin from their tops, and then touch them with the smallest drop of strong acetic acid, taking care that the acid does not run off the wart upon the neighboring skin; for if it does, it will occasion inflammation and much pain. If this is continued once or twice daily, with regularity, paring the surface of the wart occasionally, when it gets hard and dry, the wart will be soon effectually cured.

(3) Take half an ounce of sulphur, half an ounce of alcohol, 95 per cent;

put into an ounce vial, shake them well together, and apply freely once or twice a day for two or three weeks. By the end of this time, or a month at the most, the warts will be gone.

(4) Dissolve as much common washing-soda as the water will take up; wash the warts with this for a minute or two, and let them dry without wiping. Keep the water in a bottle, and repeat the washing often, and it will take away the largest warts.

(5) Oil of cinnamon dropped on warts three or four times a day will cause their disappearance, however hard, large, or dense they may be. The application gives no pain nor causes supuration.

(6) The bark of the willow tree, burnt to ashes, applied to the parts, will remove all warts or excrescences on any part of the body.

Whooping-cough.—(1) Dr. Grath, of Vienna, proposes a singular treatment for this distressing ailment, which will doubtless receive careful consideration from the medical profession. He states that by placing twenty drops of the oil of turpentine on a handkerchief, holding it before the face, and taking about forty deep inspirations, to be repeated thrice daily, marked relief, succeeded in cases of laryngeal catarrh by speedy cure, is the result. Being called in to attend an infant of fifteen months in the convulsive stage, he instructed the child's mother to hold a cloth moistened, as already described, before it when awake, and to drop the oil upon its pillow when asleep. In this instance the remedy in its effect was most beneficial. The frequency and severity of the attacks sensibly decreased in the course of twenty-four hours, and by proper support by the help of stimulants, improvement was rapid.

(2) Dissolve a scruple of salts of tartar in a gill of water; add to it ten grains of cochineal; sweeten it with sugar. Give to an infant the fourth part of a tablespoonful four times a day; two years old, half a tablespoonful; from four years, a tablespoonful. This has been a very successful mixture.

(3) The following is regarded as an excellent remedy: Pure carbonate of potassa, one scruple; cochineal, one grain. Dissolve in six ounces of water sweetened with sugar. Dose for a child four or five years old, one teaspoonful

three times a day, to be taken before meals.

(4) The inhalation of air charged with ammonia vapors, as a remedy for whooping-cough, has been tried in France with success. One of the methods of application employed is boiling strong ammonia in the room where the patient is.

(5) Pound best black resin very fine, and give as much as will lie on a cent in a little moist sugar three times a day, commencing before breakfast in the morning. I have known it to cure the most obstinate cases of whooping-cough in three weeks.

(6) An excellent cure for whooping-cough, and one that I have seen tried in several instances with entire success, is simply this: Steep a handful of chestnut leaves in a pint of boiling water; sweeten, cool, and give as a common drink five or six times a day.

Worms.—Some members of the profession still cling with bull-dog tenacity to the opinion that worms do not effect the health of children, and that they are natural to them. The latter may or may not be true, but when they accumulate in the intestines, they produce the same disturbance that any foreign, indigestible substance would do. We find the picking of the nose, swollen lower eyelids, restlessness in sleep, groaning, gritting teeth, starting, and lastly, spasms.

Worms kill more children than teething; and when you find the above symptoms with a strawberry tongue and a fever, which will attack several times daily, going off as frequently in cold sweats, you can swear that you have a case of worms, and had as well prepare and attack them.

Now as to the best means of getting rid of them. I use the fluid extract of senna and spigelia in teaspoonful doses for patients of eight or ten years of age, and less in proportion, night and morning, for three nights and days, following this up each morning with a good dose of castor oil, provided the senna and spigelia does not act. Then wait three days, and again institute the same proceedings, and for the same length of time.

This treatment is for the lumbricoid. For the oxyuris, or "thread worm," I use any bitter infusion by enema, sulph. quinine, followed by an enema of common salt and milk—warm

water half an hour afterward, which will destroy and expel them.

The symptoms of the presence of the worm are the same as the former, with the exception that in the latter you will find the sufferer scratching the anus. If every practitioner will use these he will be gratified by the restoration to immediate health of many a little sufferer, who would otherwise linger in sickness for many months and perhaps eventually die.

Wounds.—(1) A wound produced by a sharp cutting instrument will heal without trouble when the edges are nicely brought together, and left so, without putting on any salve, provided the access of air is shut off and the person possesses a good constitution. If the wound is produced by a rusty nail, or a similar cause, so as to be jagged, it will soon become very inflamed, and in such a case it is recommended to smoke such a wound with burning wool or woolen cloth. Twenty minutes in the smoke of wool will take the pain out of the worst wound, and if repeated once or twice will allay the worst case of inflammation arising from a wound.

(2) The best simple remedy for surface wounds, such as cuts, abrasion of the skin, etc., is charcoal. Take a large coal from the fire, pulverize it, apply it to the wound, and cover the whole with a rag. The charcoal absorbs the fluid secreted by the wound, and lays the foundation of the scab; it also pre-

vents the rag from irritating the flesh, and is an antiseptic.

(3) Without waiting for it to stop bleeding, press the edges of the lacerated flesh together, and apply immediately a plaster made of soot and cream, binding it firmly on, not to be removed till healed, without cleanliness requires it. Then put another of the same on, without delay, not allowing exposure to the air any more than possible to prevent.

(4) It is not generally known that the leaves of geranium are an excellent application for cuts, where the skin is rubbed off, and other wounds of that kind. One or two leaves must be bruised and applied to the part, and the wound will be cicatrized in a short time.

(5) There is nothing better for a cut than powdered resin. Get a few cents' worth, pound it until it is quite fine, put it in a cast-off spice-box, with perforated top, then you can easily sift it on the cut. Put a soft cloth around the injured member, and wet it with water once in a while; it will prevent inflammation or soreness.

(6) When a nail or pin has been run into the foot, instantly bind on a rind of salt pork, and keep quiet till the wound is well. The lock-jaw is often caused by such wounds, if neglected.

(7) It is a wise plan to keep a cup of alum water always convenient, so that sudden cuts or bruises can be bound up in a cloth wet in it. If treated thus they will heal quickly.

ADVICE TO MOTHERS.

BY EFFIE W. MERRIMAN.

CHAPTER I.

PRENATAL INFLUENCES.

HERBERT SPENCER deplored the act that, while the raising of fine cattle was considered a subject on which men of wealth and education might profitably spend much time, thought and money, the bringing up of fine human beings was not deemed worthy of attention. There has been a great change in that respect, however, and more especially during the last few years. The interest of thoughtful people has been awakened; books on child-culture have been written, and the establishment of successful periodicals devoted to the subject is, perhaps, a still better indication of the drift of current thought toward a field of research full of promise to the investigator, and affording great opportunity for development.

Statistics tell an appalling tale of infant mortality, especially in our cities, yet is read as indifferently as if human life were worthless. Science says that the average man does not live one-fourth the days that he should live. The laws of life go to show that all animals, which die of old age, live at least five times as many years as are required to mature their skeletons. Modern physiologists claim that it requires thirty years to mature the human skeleton, and yet late statistics show that the average life of man is less than thirty-five years. The loss of a part of the remaining hundred and fifteen years is supposed to be due to climatic and atmospheric influences, for which, of course, man is not responsible; but it is a fact that many children are born to die—because robbed of their birthright—the vitality which would enable them to live—by sensual, selfish, thoughtless, ignorant or degraded parents.

Dr. Holmes once said that any child could be permanently cured of every ill if the doctor were only called in time.

“How is one to know when he should be called?” queried a listener.

“Call him two hundred years before the child is born,” was the reply.

The question of long life should not be the only one taken into consideration by the philosopher who has decided that the culture of the human race is a subject worthy of study; for, though the story of infant mortality is a sad one, a sadder fact is given us in the knowledge that the world would be better to-day if many who are living had died in their infancy. The philosopher is now brought face to face with the doctrine of heredity, the subject of prenatal influence, and the rock of conjecture as to the relation of the moral, mental and physical elements of man, and how great a share of blame should rest on physical ailments when considering moral deformities.

The doctrine of heredity is of unknown antiquity. Ancient history is full of it. Perhaps of all nations the Jews had the strongest belief in it, going so far as to teach that every illness was a direct punishment for some sin committed in the past. They had recognized the close relationship between the physical and the moral, but it is not shown that they made practical use of their knowledge. Neither was the subject of prenatal influence new to the ancients, as is shown by a study of the Scriptures. For this, as for many other of our greatest helps to human progress, we are indebted to the ancients; but before their ideas can be made of practical value they must be embraced and utilized by the added knowledge and the spirit of progress and inquiry of the present age. A long step in the right direction has been taken through the earnest study of the subject of heredity, and in recent years of that of prenatal influence, which, though closely connected with the former, is a distinct subject.

One thing is certain: The child cannot inherit what his ancestors do not possess; but whether by prenatal influence he can be made superior to them to any great degree still remains a question. That prenatal influence

may modify or strengthen hereditary tendencies is no longer doubted, but as the subject has, as yet, hardly advanced beyond the hypothetical stage, practical knowledge of it must, of course, be rather limited. It is no longer ignored by those who have a thoughtful interest in the welfare of coming generations, and, though many of the ideas now advanced are supposititious, impracticable, and even ridiculous, yet they are the beginning of the bridge that is to connect the unknown with the known, and give to mankind the most important key to human progress. If the bridge were not begun it would surely never be finished; so let us be charitable toward ideas that we feel sure are false; study carefully those which we are doubtful of; observe thoughtfully, that we may learn; and heed that which has been proven true, remembering that each may add his mite. That it is an necessary work none can doubt; it is surprising that it was not long ago begun.

The training of mothers has, for some time, been a subject for earnest thought, but it has been like beginning the building of the bridge too near the water's edge, and much of the work was in vain. In the earliest stages of infancy evils are discovered that the most sensible and well-trained mothers are powerless to suppress. Many persons are obliged to suffer through life from causes that science only guesses at, and which no amount of intelligence seems competent to avoid, yet the time is coming when it will be plain.

It is known that the girl who marries the man with bad habits, is, in a measure, responsible for the evil tendencies which those habits have created in the children; and young people are constantly warned of the danger in marrying when they know that they come from families troubled with chronic diseases or insanity. To be sure the warnings have had little effect thus far in preventing such marriages, and it is doubtful whether they will, unless the prophecy of an extremist writing for one of our periodicals comes to pass—that the time is not far distant when such marriages will be a crime punishable by law. That there is a tendency in the right direction must be admitted, and is, perhaps, most clearly shown in some of the articles on prison reform. Many of them strongly urge the ne-

cessity of preventive work as the truest economy, and some go so far as to say that if the present human knowledge of the laws of heredity were acted upon for a generation, reformatory measures would be rendered almost unnecessary.

The mother who has ruined her health by late hours, highly-spiced food and general carelessness in regard to hygienic laws, and the father who is the slave of questionable habits, will be very sure to have children either mentally or morally inferior to what they might otherwise have had a right to expect. But the prenatal influences may be such that evils arising from such sources may be modified to a great degree.

I believe that prenatal influence may do as much in the formation of character as all the education that can come after, and that mothers may, in a measure, "will" what that influence shall be, and that, as knowledge on the subject increases, it will be more and more under their control. In that, as in everything else, things that would be possible with one mother would not be with another, and measures that would be successful with one would produce opposite results from the other.

While discussing prenatal influence, it will not be out of place to mention a few instances, by way of illustration, taken from the note-book of one who has given much thought to the subject.

The mother of a young man, who was hung not long ago, was heard to say, "I tried to get rid of him before he was born, and oh, how I wish, now, that I had succeeded!" She added that it was the only time she had attempted anything of the sort, but because of home troubles she became desperate, and resolved that her burdens should not be made greater. Does it not seem probable that the murderous intent, even though of short duration, was communicated to the mind of the child, and resulted in the crime for which he was hung?

Another mother was noted for brilliancy of conversation during pregnancy. She was fond of telling anecdotes, and they were always worth listening to, though not on account of accuracy. Even when repeating stories that others knew of, truth was often sacrificed in order that the story might sound well. "She is such good company," her friends said, and the difference in her talk was usually the first

indication they had of her condition.

She has not one child who can tell the truth, and any story repeated as having come from that family, is immediately received with doubt. One child, a daughter, became painfully aware of her infirmity, and when she reached the years of womanhood and found herself likely to become a mother, her first thought was for her child, and she silently resolved that she would try to live so that it might not inherit her fault. Years afterward, she told a friend of her experience of those few months. It was when talking of her boy, who was of a moody, unhappy disposition, unable to find much pleasure with companions, and critical of the faults of others to a surprising degree in one so young. The mother was keenly alive to his faults, though proud of the fact that he had a strict regard for the truth.

"I feel that it is my fault," she said, "that Bertie is so peculiar, but I erred through ignorance. I was so afraid of speaking an untruth that I refrained from saying anything at all unless it was absolutely necessary, and so kept by myself as much as possible. When I had exaggerated in relating an incident, I would become hopeless and despondent, and would sometimes cry for hours about it, and so kept myself in a state of constant apprehension and nervous excitement. I think I should not make such a mistake again."

That mother certainly added one more proof of the power of prenatal influence; and the world is full of such proofs. What we lack is the knowledge that will enable us to make good use of them.

I know another mother who was morbidly conscious of a fault, and equally strong in the desire that her unborn child might be free from it. She kept the thought before her constantly and nearly became insane on the subject, and now, though the child is less than three years of age, she shows that she possesses that same fault in an exaggerated degree.

To me, these instances teach that the mother should not give so much thought to the object in view that she can think of little else; for either her purpose will be defeated, or the object gained will be very likely to be counterbalanced by some fault quite as grave.

A woman was teaching a very unruly school during the first months of

pregnancy. It was a number of years ago, when corporal punishment was considered more of a necessity than it is now, and teachers were often hired because of their ability to administer it. She was not a harsh tempered woman, but she had exaggerated notions on the subject of discipline, and the rod was used unsparingly. In a very early period of his existence her baby showed indications of an ungovernable temper, which, when aroused, always prompted him to strike. As he grew to manhood he was often in trouble on account of it, and suffered the keenest sorrow when not angry for the things he would do and say when he was. Before the age of thirty, while in a rage, he struck a friend who died from the effects of the blow.

These instances could doubtless be multiplied by thousands, could facts be obtained, more especially from mothers of criminals.

In the case just mentioned, the mother gave no thought to the influence she might have expected. In those days prenatal influence was seldom considered except in reference to physical deformities, and then more in a superstitious light than a philosophical one, and fright or unsatisfied longing were the agents to be warned against. This mother's second child, also a boy, was born three years later. She has since said that the three years following the birth of her first child were the happiest years of her life. She had few cares, and no more work than she could do easily; her surroundings were pleasant, her acquaintances congenial, and her husband was doing well in his business. Her second boy holds an honored position in the state where he lives, and is well worthy of the love and esteem which he receives.

A woman rode side by side with her soldier husband, and witnessed the drilling of troops for battle. The scene inspired her with a deep longing to see a battle and share in the excitements of the conquerors. This was but a few months before her boy was born, and his name was Napoleon.

I am aware that there are many persons who would consider such illustrations valueless, because there are great generals whose mothers did not pass through any such experience; but one might answer that, had more women drilled as Napoleon's mother did, we

would have more great generals, and that argument would be quite as conclusive as theirs.

It is said that Dante's mother saw a vision of wonderful grandeur and beauty which she could not look upon with calmness, but in the midst of it, as if perfectly at home in all the magnificence, stood a man whom she knew to be her son. The vision, in itself, amounts to little, as many women know, who, when pregnant, are subject to strange fancies and hallucinations.

The lesson is here: It served to impress upon her the idea of the greatness of her unborn son, and so forcibly that, until he was born, she had the thought constantly in mind. It caused her no uneasiness. She was so sure of it that she was calm and happy, and without herself realizing it, everything was looked at as nearly as possible in the light that she imagined her gifted son would see it. Who can doubt that that was one of the greatest factors in giving to the world a poet and scholar known throughout the world? It is only one more of the many strong proofs that the magnetic power of the mother's mind controls, in a measure, the development of the unborn child.

A work called "Heads and Faces" gives an illustration of the effect of the mother's mind on the unborn child, that is exceedingly interesting. In speaking of Zerah Colburn, who was born at Cabot, Vt., in 1804, and died in 1840, and who, at the age of six years, manifested such powers of computation as to astonish the learned world, it says: "Questions in multiplication, of five places of figures, reduction rule of three, compound fractions, and obtaining factors of large numbers, were answered with accuracy and with marvelous quickness. A few months before his birth, his mother, who had never been taught arithmetic, had on her mind, for a day and a night, a puzzling question as to how many yards of cloth a given amount of yarn which she had would make. To a person understanding arithmetic this would be a simple problem, but she had to do it by a mental process, without rule, and this extraordinary effort on her part was organized in her child and made him a genius in mental arithmetic, but not in mathematics. An attempt was made to educate him in other branches of study, but he never dis-

tinguished himself nor even came up to the common average."

These instances are not mentioned with the thought of trying to arouse in the mother's mind a desire to try similar experiments; but that she may be brought to consider the subject of prenatal influence seriously, and not read the injunctions given concerning her habits while pregnant, as something which has very little practical value. At least they should be given the benefit of a doubt.

One mother, who was usually very irritable during the months of pregnancy, was told that her babies would not be so cross if she would compel herself to be cheerful, and to look on the bright side of life. It was a new idea to her. "I believe it is all nonsense," she said, "but it will do no harm to try to control myself." She did try, and now assigns it as a reason for the happy nature of her little girl.

Let these instances help to teach that the mind of the prospective mother should dwell on subjects of a pleasant and elevating character; that she must not only avoid going where she will be pained or shocked by loathsome or pitiful sights, but should cultivate a tranquil and happy spirit, and spend as little time as possible worrying about the trial in store for her. It cannot help but affect the child in a way not desirable when the mother keeps herself in a state of continual fear and agitation. To think calmly of the pains of childbirth is not easy, especially when the mother has had one experience; and there are so many who would be much happier if they knew how greatly the suffering might be mitigated, that a few words on the care that expectant mothers should take of themselves will not be amiss in a chapter on prenatal influence.

Many authorities agree in teaching that the child is nourished by the food eaten by the mother, and that the pains of childbirth are much lessened if but little bone-making food has been eaten during pregnancy. A child may be very fleshy, but if its bones are small, the mother suffers less at its birth than is the case with babies having large frames. Therefore, there are many kinds of food containing a great quantity of bone-making material, which, though very wholesome under ordinary circumstances, are not the best foods for the expectant mother to par-

take of. First among these we will mention the different preparations of corn-meal. Analysis shows that about one-seventieth of it is bone-making food, while rice contains only about a thousandth part, and all kinds of fruit still less. The flesh of young animals is preferable to that of older ones in that respect; but salt should be eaten sparingly, as it is nearly as bad as Indian corn; and, as meat is not palatable without considerable salt, much of it should not be eaten. All vegetables except potatoes, corn, and beans, may be eaten freely. Some physicians recommend oatmeal and graham bread at least once a day, that the bowels may be kept regular, but as both contain a large per cent. of bone-making food, it is wiser to use fruit instead, which answers the same purpose in most cases, and is, in every way, the best food for the pregnant mother. Some may object to the advice given above on the ground that such a course would be hurtful to the child. Of course this dieting should not be carried to an extreme, nor is it likely to be in the majority of cases, for appetite is too strong. There is little danger that there will not be a sufficiency of calcareous matter contained in other kinds of food, and especially in cereals not mentioned above as being objectionable on account of containing too much of it.

But dieting is not all-sufficient. Hygienic laws should be observed, and the health should be carefully guarded, for healthy women suffer less at childbirth than they who are sickly. It is very desirable that the mother should have some useful occupation. They are really fortunate who have domestic duties to attend to, though household tasks should not be allowed to absorb too much of the time or attention. A part of every-day should be devoted to suitable out-of-door recreation. The clothing should be loose, of uniform thickness, and suspended from the shoulders. It is better to keep early hours, thus avoiding artificial light; and no wise woman will be seen, at such a time, in crowded, over-heated rooms, or in places where she will be likely to become excited. Regularity in eating, drinking and bathing ought to be practiced, not only for the benefit it will be to the mother, but also for the good effect it will be likely to have on the child,

Above all, cheerfulness, mental composure and self-control in all things must be aimed at, and the mother should keep constantly before her mind the thought that she cannot now consult her own inclinations in everything but must do what seems best for the helpless little one she is to bring into the world. Such directions as are given above are not hard to follow; after a few days one gets quite in the habit of obeying them, when they become no trouble at all, while the gain is surely worth striving for.

CHAPTER II.

BABY'S WARDROBE.

WHEN fashioning the garments for the little stranger, the mother must remember that they ought not to be a hindrance to his activity and development. His comfort and protection must also be taken into consideration, and finally his adornment. With too many mothers the adornment is the first and all-important thought, and the helpless little victim is doomed to complain for months, in a language not easily understood, about the constant annoyance to which he must submit without knowing why. Such a condition of things would ruin the temper of the most philosophical adult. It is wonderful how much misery many babies are made to bear by really tender-hearted mothers! It is only a few years since the little dresses were cut low in the neck and with short sleeves; even yet we may occasionally see a little martyr dressed in that way. Its dress will be likely to measure fully a yard and a half from neck to hem, and to be so weighted down with tucks and ruffles and heavy embroideries that it is a wonder that the baby's ankles are not deformed from the constant pressure on its toes, and a still greater wonder that it retains any of its natural activity, which was made manifest months before its birth.

I have seen mothers who, noting their baby's struggle for exercise, would uncover the little feet for a time that it might kick and stretch, but who would not receive the slightest impression from the lesson so plainly taught. Such stupidity is inexcusable. If the mother could only imagine herself dressed in long, clumsy robes of nearly one-fourth her own weight,

which were so burdensome that it would be difficult to tell whether it was worse to lie in one position until every muscle ached, or to try to move, what a blessing it would be to her helpless baby! It makes one tired just to think of it, and an active woman would be driven wild in a little while if forced to wear garments so confining. We ask, in the name of the babies, that the mothers do not impose greater burdens on them than they themselves would be willing to bear.

I knew one mother who had very decided opinions on the subject of corset-wearing, and who was earnest in her efforts to persuade her acquaintances to give up the practice. She told how she had suffered from the wearing of corsets, and how greatly her health had improved and her comfort increased since she laid them aside. One day, when she was waxing unusually eloquent on the subject, I picked up her baby who was fretting in its cradle. It was like taking a little round stick of wood into my arms! I sat her up in my lap, and she was as stiff and unyielding as a new, well-stuffed doll. I put my watch in her lap, and when she tried to bend forward to get it, she actually gasped for breath.

"Baby is so warm," I said, "that I am going to loosen her clothes for a moment."

I did so, and this is actually the way that poor little martyr was dressed: First came a shirt which was gathered into a roll around the body close under the arms. A cotton band reached from the armpits nearly to the hips. When first put on, it came a little below the hips, but the child could not remain entirely immovable, and the band had formed into wrinkles around the waist, and was turned up in a little hem around the bottom. It was long enough to reach once and a half around the body, and was so pinned that one end lay along the spinal column where it would serve as an irritant whenever the child was laid on its back. The thick roll, which was turned up around the bottom where the band lapped, must have been particularly comforting! The band was pinned so tightly that it was with difficulty that one finger was inserted under it, in order to take out the pins, without scratching the baby. The little body was covered with deep, dark

red lines pressed into the tender flesh by the firm band, which was made of a straight piece of strong muslin. Had it been cut bias it would not have been so cruel.

The mother and her guest laughed when they saw the very evident satisfaction of the little one when released, and while I was rubbing the poor, abused little back; but I could not imagine why they should. I felt more like crying, for it told so plainly of the suffering endured.

As if that were not enough torture, there were four diapers pinned on the child, three of them doubled, so that the little limbs were forced so far apart by the many folds of cloth, that it is a wonder that the hips were not thrown out of joint. The mother had taken great care that the baby's fine dress and her own should not get wet, but she had arranged matters so that she could not always know when the inside diapers were wet, and the baby's body showed that it had often gone too long without attention. Next to the diapers came a pinning blanket made of white flannel, and gathered into a band that was fastened around baby's waist in such a way that the heavy seam where the band and skirt were joined came exactly across the navel. It, also, was pinned tightly. "It had to be," the mother said when I remonstrated somewhat indignantly, "to keep it from slipping down."

Next came a long flannel skirt, finished with heavy embroidery, and sewed to a broad band, and over that a white skirt also heavily trimmed and sewed to a band on which were narrow straps that extended over the shoulders. These straps were trimmed with embroidery, and when they were nicely starched and ironed they looked lovely; but think how the starched points must have annoyed the baby! Over all, was a beautiful dress, tucked and ruffled and trimmed with lace. It measured forty inches from the neck to the hem, and both skirts were equally as long. Now, think of it! The baby's hips were covered by fourteen thicknesses of cloth, its feet and limbs by four thicknesses, its stomach and back by eight, its shoulders, arms, and the upper part of the chest by one, beside a blanket that was sometimes on and sometimes off, according to the pleasure of the person holding the baby, not the little one's comfort. The bands

were all pinned as nearly in the same place as possible, and so many lappings over the spinal column must have produced a feeling not unlike that which an adult would experience if trying to sleep on a broomstick!

Fashion for once became merciful when she decreed that the child's chest and arms should be covered. Of late she has again ventured a reform, and there is a tendency toward less embroidery and fewer tucks. If she could be persuaded to take another step and favor dresses measuring not over twenty-seven inches from neck to hem, how much more convenient it would be to handle the baby, and what a relief to the tired little feet!

It is quite a task to dress a baby according to the old-fashioned method described above, and is usually a severe tax to the child's temper and the mother's patience; but, after having tried the simple fashion here recommended, a wise woman will never go back to that tedious process.

A sensibly dressed baby will have no shirt on. The best of them do not stay in place, and it is impossible for a child to be comfortable with one on.

The most important item of baby's wardrobe is the garment that is to take the place of the shirt. It is a sleeveless waist cut low in the neck, and fastened in front with small, flat buttons, and having larger buttons on the bottom of it at the back and front. To these buttons is to be fastened the outer diaper until the child is old enough to wear drawers, when more buttons are to be added. The waist is to be made of firm, soft flannel, and worn in summer and winter. There are some skins so sensitive that the softest all-wool flannel irritates them, and when such is the case the waists should be lined with the best pieces of partly worn gauze underwear, or made of silk and wool flannel, which cannot possibly irritate the tenderest skin. It is quite expensive, but that is a consideration which should not be taken into account when the baby's comfort is concerned. To do so is a penny-wise and pound-foolish system of planning which never fails to bring its own punishment.

Finish the little waists around neck and sleeves with a button-hole edge in wash silk. An edge can be crocheted to look very much like the button-hole stitch, and is much more quickly done.

The waist should come down well over the hips, and fit easily. Very little fitting is required for the first waists, but as baby grows his clothes must be made to fit. A belt of silesia, stitched on the outside at the waist line, holds the buttons firmly without tearing the flannel, and, as the diaper or drawers are buttoned over the lower part of the waist, there is no pulling apart of the two garments, leaving part of the baby uncovered.

The outer diaper is a triumph of my own invention. It is to be made three-cornered with a button-hole in the middle of the back, and another in the corner that comes between the legs. It is to be put on with the corners that come around the waist under the other one, and tucked smoothly between the limbs to absorb moisture, and prevent the untidy, flapping look that is often seen. The safety-pin is put in below the button-hole, and then the diaper is buttoned to the waist at the front and back. Thus the waist is kept down, and the diaper is held in place, and the baby is made perfectly comfortable. The diapers should be made of canton flannel, with some of soft old linen for use during the first weeks of baby's life, and a number made from worn sheets that are almost as soft as the linen, and more easily procured. They are nice for inside diapers, and are not hard to wash. Only two should be put on the child at a time—the inner one being folded.

Until the baby is three months old, pinning blankets will be needed, or foot blankets as they are also called. They should be made of a light gray flannel that will stand being washed often. The most satisfactory one I ever saw was, like the outer diaper, made after a pattern not yet patented, and which has never "had its picture taken," so it cannot be easily described. To get an idea of it, take a piece of paper that is about twice as long as it is wide, and put your lead-pencil through the center of it, measuring from side to side, but considerably nearer one end than the other. If it were cut down the front, or shorter end, and a round piece cut out to fit the pencil, it could be put on without trouble. When made of flannel instead of paper, and fitted to a baby instead of a pencil, it will be seen that its advantages over the old-fashioned pinning blanket are many. To begin with,

it requires no band, and so there is no ugly seam around the child's abdomen, and no unnecessary band around its waist. Then it can be easily and quickly folded back so as to form a protection for the dress, and so smooth that the folds will not be annoying. There is no extra fullness at the sides to tuck in where it is not wanted, and the back is enough longer than the front to bring over and pin, as a protection to the feet. If wide flannel is used, no seams will be necessary. It can be plainly finished with a binding, and is to be fastened in front with one safety-pin.

Pinning blankets may be made in another way that will not cut into the flannel so badly, which is quite an item to some mothers, in view of the fact that the garment is worn for so short a time. A perfectly straight piece of flannel is laid in a deep box-pleat at one end, the pleats being stitched down for two or three inches to form a sort of band. The box-pleat must be large enough to reach clear across the baby's back, or it will be uncomfortable. Tapes are fastened an inch or two from the edge, that the garment may meet in front when tied; a plain hem across the bottom completes it. It is very easily and simply made, and is preferable in every way to those which are gathered into the belt; but is not so good as the one before-mentioned. Next comes the flannel skirt. This should be a modified princess garment, cut high in the neck and with long sleeves. It is sometimes made in a "Mother Hubbard" style, but they are clumsy in flannel and are too loose for warmth. Many mothers object to having any of the baby clothes buttoned in front, principally because they do not look so "cunning." If they are sensible, however, they will make at least two of the skirts in that way, for baby's first wear, and, when they come to dress the limp little thing they will see the wisdom of it. It is also a good plan to cut the skirt from the waist part, just below the waist line, bind the edges of both pieces, furnish the waist with small flat buttons and the skirt with button-holes, and button them together. Then, when the skirt becomes soiled it can be removed and replaced by another, without completely undressing the child. It is better, however, not to cut the skirt until

the child is too old to wear pinning blankets, as it will not be necessary until then, and the extra seams add to the little one's discomfort.

If embroidery is used on the skirts the simplest patterns should be chosen. To me, however, trimmed clothing on a young baby looks ridiculous. A cotton skirt is unnecessary, except on dress occasions, and there should be none of those until the baby is three months old at least.

The little slip comes next. This may be made in either a princess or Mother Hubbard style. If the latter is selected, the yoke should never come beneath the arms, as it is apt to fit too closely, and is not very comfortable however loose it may be.

For the first three months the child should wear no dress at all. Instead, provide loose wrappers of cambric made plainly and buttoned in front. Be sure that they are quite wide across the back, so that the arms can be easily put into the sleeves.

Dress the baby every morning, putting on a fresh wrapper, allowing him to sleep in it at night, thus avoiding a change of dress when he is tired with a long day's handling.

A woman having a very small amount of ingenuity can cut all the little garments, even to a cloak, with but one good princess pattern to serve as a guide in size, and as to neck and arm-holes.

By the time baby is three or four months old, he will have outgrown the wrappers, and will be strong enough to be undressed at night. Then he will need flannel night-gowns for night wear, and slips for the day-time. The flannel night-gowns should be worn summer and winter. Make them very large around the neck and armholes, and bind the neck and wrists with soft silk. Be sure that the sleeves are large enough to be perfectly comfortable. When the child gets large enough to kick off the bedclothing, fasten his night-gown so that he cannot become completely uncovered or put him into night drawers and stockings combined.

The seams of all the flannel garments should be sewed by hand, and with silk, then opened and caught down with the silk so as to be as flat as possible, and silk or soft cotton should be used for the neck binding.

A flannel dressing-gown is a gar-

ment indispensable to baby's comfort. It is to be slipped on over his night-dress when he is taken up in the morning before mamma wishes to bathe and dress him, and is best made of dress flannel that will wash nicely and not soil too easily. For summer wear the dressing-gown may be made of sateen, when the baby wears flannel night-dresses, and is often made double—the lining contrasting prettily with the outside. Colors should always be chosen that do not fade easily. Baby's night-dress is usually damp in the morning, and the dressing-gown serves the double purpose of preventing him from taking a chill, and making him less unpleasant to hold.

It is very pretty made in the Mother Hubbard style, long enough to tuck up around the little feet, and fastened at the yoke with three buttons, and around the waist with a cord and tassels, loosely tied.

Now, with a bathing blanket, shoulder blankets, and bed comforts or pads, the layette is complete. Layette signifies baby linen; but the word is now used by those who advocate dress reform for babies, to designate that part of the baby's wardrobe which is made before his arrival, and intended for wear during the first months of his life.

The bathing blanket is simply a large piece of soft flannel in which baby is to be wrapped as soon as he is taken from the bath, to insure against his becoming chilled. It should be at least four feet square, and is better to be six feet, for it will be needed until the child is in his third year, and it must be so large that it will not fall away and leave the little wet body exposed to the cold air, when a part of it is removed in order to use the drying towel. If two widths of the material are used, sew the seam "overhand" and loosely, so as not to leave an ugly ridge to annoy the bare skin.

Regarding the shoulder blankets—it is customary to make them of a very nice piece of white flannel, or of white cashmere, and to trim them elaborately. I have seen them so richly embroidered that only a small square of the plain goods was visible in the center. Now I wish I could impress on mothers' minds the foolishness of wasting time and strength and money in such work. It is worse than thrown away. To begin with, the blanket is

not necessary except during the first two months, and then it is an article of use, not of ornament, serving as a means of handling the tiny creature with greater ease and safety, and to protect the head and back of the neck from draughts. When baby becomes large enough to rebel against such confinements, and the blanket is off quite as often as it is on him, it does more harm than good, as he is apt to be covered when the room is too warm for comfort, and uncovered when some thoughtless person has left the door open. When such a state of affairs exists the blanket should be laid aside, and used only when, in carrying the baby from one room to another, he must go through a hall or room of a temperature very different from that to which he has been accustomed. A mother who has had experience knows how very soon a blanket used in that way becomes soiled, and how badly it looks, especially if it be one of the embroidered affairs over which young women delight in ruining their eyesight. Certainly, during the first few weeks of baby's life, when he should not be seen except by relatives and the most intimate friends, an elaborate blanket is neither necessary nor desirable. As a rule it is laid in the bureau drawer to be shown to admiring visitors, and the baby is wrapped in any piece of flannel that happens to be handy, and which can be easily washed—quite an item in its favor, as it is so often soiled.

Be reasonable! young mothers, do be reasonable! Use your eyes in reading some favorite author, or in admiring the beauties of nature,—you can take a great many morning walks during the time that would be spent in making that handsome blanket. Provide some plain squares of white merino if you can get it, or of nice white flannel, and bind them with silk that will wash. There is a salmon-colored silk that washes well, and is very delicate and pretty. Have three of the blankets, so that they may be washed often, for a baby wearing a sour-smelling blanket is not nice to handle. It will not be extravagance, for when the blankets are no longer useful as such, they can be used to good advantage in making other clothing for baby. Moreover, counting time and everything, the first cost of the three will be no greater than for the one elaborate

blanket, and you will have the satisfaction of knowing that baby is not made uncomfortable by the lumpy leaves and flowers and stars of embroidery. Now here is another little item of advice that I do not expect will be followed except by the most sensible of mothers. If your servant does not thoroughly understand how to wash white flannel without causing it to become stiff, and shrunken and yellow, and you cannot teach her, then be wise and select your blankets from softly tinted goods. They are really very pretty, and have been admired even by the ladies who think that babies should always be dressed in white.

In washing baby's flannels never use soap of any kind; they should not be allowed to become so soiled as to make it necessary to do so. Never let them lie around after having been removed; as they are not to be washed with other clothes, they need not wait until the regular wash-day, and it is a good plan to wash them at once; but if that plan cannot be carried out, be sure to put them where they will be exposed to the air, and will not gather dirt. Use water just lukewarm, having the washing and rinsing water of the same temperature. Shake the flannel well before putting it in water, and have enough dissolved borax in the first water to make it feel very soft, also putting a little in the rinsing water. Bluing may or may not be added according to preference. However, if the flannel inclines to the creamy tint, it is made of a dirty, greenish hue by being dipped in bluing water. Remember that the more quickly the washing, rinsing and drying is done, the more satisfactory will be the result.

These last suggestions, while not exactly pertinent to the making of baby clothes, yet may prove helpful to the mother who wishes to dress her little one all in white.

The bed pad is a necessity that is provided in very few layettes. It should be made of a square of unbleached muslin, thickly padded with cotton batting, and securely tacked. It is to lay under the baby at night to protect the bedding, and should be so thick as to absorb all moisture. That renders unnecessary the putting on of so many diapers, that are as unhealthy as they must be uncomfortable. Let us now have a little *résumé* of the subject of the layette in such form that

it will be of use to the little woman who is inexperienced, far from mother, and as afraid to ask the advice of friends as she is nervous for fear that everything will not be exactly right.

People are becoming more sensible now in the matter of the layette as in that of the trousseau, and ridiculous extravagance is no longer aimed at. All that is desirable is sufficient clothing to keep the baby sweet and clean without too much work, and by getting along with fewer garments during the first weeks of his existence, a more complete wardrobe can be had when he begins to appear in company. This will be found to be a very economical and satisfactory plan, and we will assume that the little layette is to be provided with that object in view.

There should be three waists; one dozen outside diapers; one dozen inside diapers of canton flannel, and a dozen each made of soft old table linen, and of worn sheets; three pinning blankets; four flannel skirts; seven wrappers; one dressing-gown (when soiled it can be washed and dried during the day); three shoulder blankets; one bathing blanket; and six bed pads. A number of those will be necessary because they require so long a time in which to become thoroughly dry after having been washed; and they should never be hung up and dried after using, until they are washed. Such a practice is not cleanly, to say the least.

There should be provided several soft little comforts of cheese-cloth padded with a layer of the best cotton batting, then tied with pink or blue or scarlet wool, and made pretty with a crocheted edge of the same. These little comforts are handy to use in many ways, beside being light, inexpensive, and easily made. They are needed to throw over baby when he sleeps, or to protect the dress of a visitor who wishes to hold him, or to wrap around him when he insists on being taken out of bed before the room has become sufficiently warm.

A toilet basket is almost as necessary a part of the layette as the baby's clothes, as it saves many steps, and hastens the process of dressing, which most babies object to so decidedly. To make it, procure a large, shallow basket, and cover it with pretty paper muslin. Sew it to the sides of the basket around the top. Cut a piece of pasteboard to fix exactly into the

bottom of the basket; cover that also with the paper cambric, and press it into place. It should fit so closely as to hold the cambric covering the sides of the basket firmly down without its being sewed to the bottom. Over all put dotted Swiss muslin in pleats, or shirred, or plain, as preferred. Turn the outside piece so as to form a hem at the bottom, then gather it into a ruffle, having just deep enough to touch the table. Put the muslin on the sides of the basket before putting the bottom piece in place. Edge the top and the bottom of the basket with narrow lace, or, if preferred, a narrow ruche of ribbon to match the paper cambric. In one corner of the basket put a pocket of oiled silk for the sponge. Around the top of the pocket sew a piece of bonnet wire to hold it open. In the center of each side have pockets of Swiss muslin, drawn in and tied with narrow ribbons. They will be found very useful, and are highly ornamental. In either end have a small square cushion edged with lace and fastened on with a bow. The cushions should be stuffed with curled hair, or some equally light substance that the basket may not be too heavy. Furnish the basket with a soft hairbrush, safety-pins, a powder puff, and a nice little soap dish with a tightly fitting cover—for no one else must be allowed to use the baby's soap.

Quite pretty toilet baskets are made of the long, narrow baskets that peaches or grapes come in; they are covered in the same way.

Not until the layette is made and laid away, and the first clothes that baby is to wear made into a bundle by themselves, and put where they can be found at a moment's notice, should attention be given to the garments that will be worn later on. Indeed, it is not necessary that they should be begun at all until the little stranger has become a recognized member of the household, nor is it wise unless the mother is in need of some such occupation to keep her from becoming nervous.

No little dresses or slips were mentioned in enumerating the articles for the layette, but it is understood that the mother is going to dress her baby in the nice, plain, neat little wrappers day and night; these must be provided for the second quarter of baby's first year, and there will be a great differ-

ence of opinion regarding the fashion of making them. It really should depend a great deal on the baby, and that is one reason why it is wiser not to make them until you know what manner of baby he is. There are some babies so strong and active that they are better off and more easily cared for if put into short clothes at three month of age—that is, providing the weather is warm, or the house is of even temperature.

As baby grows older and is handled more by the other members of the family, and especially when he becomes old enough to be on the floor, he will require a more frequent change of clothing. It is wise to make the little garments so large that they will not be outgrown long before they are worn out. If long slips are to replace the first little wrappers, they should be so made that they will only need a tuck or two to change them into short dresses later on. Cambric, nainsook, linen lawn and mull are all used for slips; the first two for every-day wear, and the linen lawn and mull for best. They may be finished with tucks, a plain hem, lace, or a ruffle of fine embroidery, according to fancy. There should be no stiff ruffles or embroideries around the neck, and heavy trimmings anywhere on the little garments are no longer considered in good taste, and are used mostly by the vulgar. It gives me great satisfaction to write that, for it is such good news for the babies! But mothers must fuss a little over the cunning wardrobe, as Dame Fashion decrees that every garment shall be made by hand; no ugly machine-stitched seams are to be allowed; instead, the daintiest stitches, set by loving fingers, and as much unnecessary needle-work beside, in the way of ornamentation, as the mother wishes to do, but nothing heavy.

A very convenient garment is made of soft flannel, and cut after the princess pattern. The seams may be piped with some pretty contrasting color, and the bottom may be finished with deep scallops, worked with wash silk to match the pipings, and in each scallop a clover leaf, or other simple design. This garment is high in the neck and has long sleeves. It may be worn as a skirt, but is designed expressly for wear on hot summer days with no other clothing but the waist and diaper. I have described one such garment

that was worn by a happy little baby of my acquaintance. It was made of a delicate shade of gray, and the pipings and embroidery were of red. She had another made of pale blue flannel with dark blue trimmings. She looked very pretty in both, and must have been comfortable.

The cloak is most often made of cashmere, and may be tinted or white, as preferred. Some of them are very elaborate, and are handsome when new; but after a little wear they become soiled, and then look quite as shabby as any other soiled finery, and much more so than plainer cloaks would. Line the cloak so that it will be comfortable; dispense with expensive trimming, and spend the money thus saved on goods that will be worth making over into something else when the cloak is outgrown. I saw a very handsome cloak recently, made of heavy, all-wool dress goods costing a dollar and a half a yard. The color was a pearl gray. It was cut after a sacque pattern, and had a long cape gathered on a yoke and finished with a plain round collar. The cape and collar were lined with rose-pink silk, and the cloak was finished with bows of pink and pearl gray ribbon. The hood of swan's-down was also trimmed with bows of pink and gray.

It is well to make such clothing by hand, not simply because it happens to be fashionable to do so, but because the seams are more easily ripped apart when baby wants larger clothes; and, because they soon have to be made larger, the seams should be taken deep, especially the under-arm seams.

Stockings will be needed as soon as the pinning blanket is discarded; before that they are only one more trial for the little martyr to get used to. Babies should wear woolen stockings until they are three years of age. Those knitted at home of fine Saxony wool are the prettiest, warmest, and most economical in the long run. Knitted or crocheted boots should be worn with them at first, and afterward, mocassins made of chamois are very comfortable, convenient, and easily procured. A child should not be compelled to wear leather shoes with stiff soles until he is at least a year and a half old.

There is not much change in the style of baby's dress until after the third year. The diaper should be dis-

carded as soon as possible, and drawers substituted. The same style of waist as that described for the first wardrobe will do nicely until the child is too old to wear waists, but buttons must be added to fasten the drawers in front, behind, and at the sides. The elastics that support the stockings may also be fastened to the waist at first, but shoulder-brace stocking-supporters are best for children over five years of age.

Small, flat buttons should be used wherever possible until the child is four or five years old, as children are liable to be hurt when falling heavily on the large pointed or rounded ones.

Make the little one's clothing a study, it is really a fascinating one. A child can be dressed prettily and yet sensibly. The clothing ought all to hang from the shoulders; it should be loose and fit easily—all parts of the body being equally well protected, and in accordance with the weather. These suggestions carefully observed and acted upon will bring gratifying results in the way of good health, and an even and serene temper.

CHAPTER III.

BABY'S ARRIVAL.

THE time has arrived when the baby is to put in an appearance, and there is much excitement and nervousness. There is no need to write directions for the mother's use at this time; there will be those present who will see to that. But the little one—how shall it be cared for? If some of the receptions that have been given to babies, and by nurses who possess at least an average amount of intelligence, were to be described here exactly as they were conducted, the writer would be in danger of being accused of exaggeration—so heartless and devoid of common sense would they appear.

A competent nurse should be engaged, so that, in case the doctor does not arrive in time, the necessary work can be performed by skilled fingers. Baby should have one friend present in his behalf before the cord is cut that ushers him into an independent existence. At that time most attention is apt to be paid to the mother, and the baby suffers in consequence. Some practitioners advance the theory that many people suffer through life from a

heart-trouble caused by cutting the umbilical cord before it has ceased pulsating; and their arguments in favor of that theory certainly sound plausible. Be sure the pulsations have ceased, then cut and tie the cord immediately. Before it is time to perform that task, however, examination must be made to see that the child's mouth is not filled with mucous, which often prevents breathing. No one should be intrusted with the care of the baby immediately after his birth who cannot perform the service required intelligently. As soon as the cord is tied, baby should be carefully lifted in a towel, to prevent its slipping from the nurse's grasp, and carried into another room where the temperature is as high as can be comfortably endured. No adult would enjoy being carried, in an undress condition, from a room where he had been confined for some time to one at least twenty degrees colder! Yet that is what the new-born baby is obliged to endure. Not only that, but he is usually carried into another degree of temperature still colder within half a hour, and bathed in water which may be of the same temperature as his body, and may not be, and all the while lying without the least protection from the air, which striking the damp skin, produces a sensation that could not be endured by the strongest adult. Usually it is not endured very patiently by baby, as his lusty cries testify; but nurse does not understand the meaning of his protest, and declares that he cries because he is hungry and must be fed. Sometimes sugar is done up in a rag, moistened with milk, and stuck into his mouth to keep him quiet until he can be tortured in the bath as long as the nurse thinks necessary, and he sucks down enough dyspepsia and colic to last a long time! Sometimes he is fed sweetened milk and water from a teaspoon, and then begins his first acquaintance with indigestion.

After the tender flesh is washed and wiped until it must feel raw to the bone, and the little joints have been twisted until they are nearly dislocated, and the wee bit of hair is brushed until the scalp smarts, and when the stomach is rebelling against the unnatural food poured into it, it seems as if it ought to occur to some one present that baby must be tired and ought to have a rest. But no! People are

not thinking of the comfort of the helpless little stranger, but of gratifying a love of the sensation that comes to many women when a baby is born, and is to be seen for the first time. They cannot wait to let him rest, but carry him to the proud papa, who takes him awkwardly, perhaps treats him to his first smell of tobacco, tosses him a little because he does not know what else to do, then gives him back to nurse. She carries him to mamma, who hugs him and nearly smothers him with kisses, and then invites him to dinner. She has not yet had time to rest from the ordeal through which she has so recently passed; her pulse is bounding, and her nerves are all unstrung, and the food she has to offer certainly cannot be in very good condition, yet it is considered quite good enough for the poor little baby who cannot help himself.

Now, how much more sensible would be some such plan as the following: Make the mother comfortable, darken the room, and leave her entirely alone for a little while, that she may rest, and then give her a cupful of nice gruel to drink before baby is brought to her. While she is resting the baby must be cared for in a room where the mother cannot hear him should he cry, and which, as has been said, is so warm that it is quite uncomfortable for the nurse.

Hold him with his feet toward the fire, and so that the light cannot strike his face. Lubricate him all over with fresh lard that has been boiled in water, then skimmed off when cool. Some nurses use sweet oil, but the smell of it is unpleasant to many, and lard serves the same purpose, and, after being boiled in water, is almost scentless. Use plenty of lard, and be sure that it is warm, but not hot, before applying it. Put it on as quickly as possible, and do not move the baby any more than is necessary; then cover him with the bath blanket, one end of which covers the nurse's lap, and hold him very still for a little while. The baby will be quite apt to enjoy that sort of treatment, and he may go to sleep. He certainly will not cry, unless he is treated so carelessly that he is forced to protest. Please remember that he is not used to being trotted, or rocked headforemost on the nurse's knee, and that it is not wise for him to have many new experiences the first day.

It is strange how few women there are who can be perfectly quiet while holding a little child!

After a time wipe off the lard with a soft cloth, that has been warmed until it feels comfortable when held to your own cheek; it will be found that very little of the viscid matter will be left on the body. There is no use in keeping him uncovered while doing this, unless you have had so little experience that you are awkward. Now take a piece of soft linen about six inches square, and dip it into mutton suet that you have melted in a saucer, and which is just warm. A hole must first have been cut in the center of the linen, and through this hole draw the cord, folding the ends of the linen carefully so that the cord is completely covered, yet not compressed. Lay it upward on the abdomen and place over it a piece of very thin flannel doubled to form two thicknesses, and large enough to completely cover the linen. Now put a strip of old flannel loosely around the body, pinning it at the side. There is no necessity of turning the child over to do this; it can be slipped under him so carefully as not to disturb him at all. The flannel should not be hemmed, and is only to be used until the child can be dressed. Put on one diaper, composed of a single square of the old linen; wrap him in one of his shoulder blankets; pin it securely to keep it in place; over all put a spread made of the cheese-cloth, and then lay him where he can be warm, and perfectly quiet and shaded from the light.

I know there are fastidious mothers who will hold up their hands in horror when they read this, and insist that the baby shall be washed and made decent the very first thing! This is not written for mothers of that class, but for those who are willing to learn, who consider the comfort of the baby as paramount to the gratification of their own vanity, and who try to realize how the little one must suffer under the treatment which he is usually forced to endure.

When he begins to be restless carry him to his mother. She will be rested and ready to receive him. The food he now takes should be the first he receives; it acts as a stimulant and a laxative, and is just what the baby needs.

There are exceptional cases where the child must be given a little water in order to get the mucous from his throat,

and sometimes when he is very weak, a few drops of whisky may be given as a stimulant. If the baby is born during the night, it is far wiser not to bathe him until next day, and he should be handled as carefully as possible. If he cries, it is not because he wants some one to walk the floor with him, or rock him until he is dizzy, or place him in a different position every three minutes.

In the matter of food most people seem to think that Nature forgot to provide for little babies, though they can see that the young of all other species is provided for. The mother has but little milk at first, but instead of taking that fact as a warning that baby needs but little, and must not be allowed to eat what he does not need, they immediately start the cry that baby is starving, and must be fed, and so his stomach is kept distended with food that it cannot digest.

An old doctor said once, when asked what to do with a child that refused to nurse: "Let him alone until he gets hungry. I'll warrant he gets enough to keep him from starving. In fact, you would not find it easy to starve a new-born baby to death. It is much easier to kill them by overfeeding."

Baby must have his first bath. Select a time for it about half way between meals, the next morning after his arrival. He is rested then, and has gained considerable strength, and, beside, is becoming used to being handled. Make all preparations for the bath before disturbing him. Be sure that the room is warm enough, that the water is of the right temperature (you can determine that by plunging your elbow into it), and that baby's clothes and toilet basket are at hand. Remember that the skirt and wrapper selected for his wear at first must button in front: then the sleeves of the skirt can be put into the sleeves of the wrapper and both garments put on at once, and baby will have to be moved less often. Be sure that the blanket is warm and well aired. You, of course, washed it out at once after using it around the dirty little new-comer, and hung it by the kitchen fire where it would dry, in readiness for the first bath. It will require but a moment to remove the shoulder blanket pinned around him, and take off the dressing from the navel. Some nurses do not believe in doing that so soon, but I think

it is wiser, for then you can be sure whether all is going well or not.

Whether to put the baby into the bath-tub or bathe him while he lies in your lap is the question that must be decided in favor of the way in which you can be most expeditious, and expose him least to the cold air. If he is to lie in your lap, he must be bathed entirely under one-half of the bath blanket. It seems so strange that nurses can see the necessity of taking that precaution when bathing an invalid, but not when bathing a little baby!

The easiest way, according to my notion, is to have just enough water in the bath-tub to cover the baby when he is laid into it. Wet his head first, then lay him into the tub and keep his head above water by placing your left hand under his neck. Have the bath-tub on a chair facing you, and spread the bath blanket over the back of the chair. That you may judge whether these directions are sensible or not, just apply them to yourself. Do you feel as comfortable when half under water as when the water reaches to your chin? To be sure you do not, so do not bathe your baby in a wash-bowl where only part of him can be immersed at a time. A very good-natured baby may submit to a wash-bowl without protest, but it is not fair to compel him to do so. A tin bath-tub long enough to lay baby down in does not cost so much that it cannot be afforded by nearly all mothers. If the water is of the right temperature, baby will enjoy lying in it; but do not keep him in a moment longer than is necessary to get him clean. When that is accomplished, throw the blanket over the tub in such a manner that, as you lift him from the water, he will be completely covered, and lay him in your lap. A little practice will make you so dexterous that you can manage to lay him on one-half of the blanket while the other half covers him, and the blanket folds over toward you; then you can get at him with ease. I know one lady who practiced lifting a large and very limp doll from an imaginary tub in a chair, until she became quite proficient.

There may be those who, in reading this, will think that too much attention is given to details. But if they have ever been near a screaming baby who was being tortured by his first

bath, and then could see that same child when he had become used to being properly bathed, they would recognize the necessity of lessons that will help mothers to do the better way. A baby who has been bathed in the old, thoughtless way will not at first submit to ever so great an improvement without his usual vigorous protest, because he has a vivid remembrance of what he has endured, and is so full of apprehensions that he does not realize that he is being better treated. There is no reason why a child should cry when being bathed if he is handled carefully, bathed in water of the proper temperature, and not allowed to become chilled.

The baby under the bath blanket is now being wiped dry, with a soft linen cloth, and rubbed a little, gently, with nurse's warm hand to prevent any possible prickling or crawling sensations. Then the navel is dressed exactly as it was at first, but instead of the strip of flannel being used to hold the navel-dressing in place, it is held by the waist which fits just closely enough to keep it from slipping and to form a gentle support of the abdomen when baby cries.

Many doctors now claim that no dressing of the sort is at all necessary; that the navel dries up faster and heals better without it, and they also claim that the new-born baby should be dressed simply in a plain, loose flannel wrapper and a diaper. But, though they have a great deal of sense on their side of the question, they are not going to have any followers for some time. There are many mothers who object to having their babies compared to puppies and kittens even in regard to the necessity of wearing a band tightly pinned about the little bodies. All reforms must move slowly, so we will dress the navel as directed, and put on baby's other garments.

The powder puff is used, but not too liberally. The little creases must not be filled with enough of the powder to form into a paste when it becomes moist. For at least a week none but the soft linen diapers should be used on baby, and but one at a time. In dressing him in this way he need only be turned on his face once—when the waist is fastened—and his arms need be moved but twice. It is really a short piece of work to give baby his bath, and after it he will usually be

very good until it is time for him to have luncheon.

In this little talk an effort has been made to give the lessons so plainly that the most inexperienced can care for a baby more intelligently than many poor little ones are cared for at present. Much depends on everything being done right at first.

Do not try to press the head into shape when there is a malformation caused by a difficult birth. It will come all right if left alone, but, if interfered with, serious trouble may result. This should be impressed on the mind of the young mother, as there are so many old ladies who will try to convince her that baby's head will never be shapely unless she makes it so.

Great care must be taken that the navel takes its proper place as it heals. If it begins to protrude, take a cork and whittle it to a blunt point—so that it resembles a small acorn only not quite so pointed; cover it with linen and use it to hold the navel in place, fastening it firmly with strips of court-plaster, and with the waist over all.

CHAPTER IV.

CARE OF BABY.

ON the first day of baby's life begin to teach him regular habits, and be sure that you do not teach him bad ones. Many a child has been punished, many a mother's days made miserable because of habits that she herself taught him when she thought him too young to learn anything. Do not make that mistake; babies are creatures of habit just as older people are, and they begin to learn from the hour of their birth. At this time they know nothing about being rocked, or carried about the room, or taken up and talked to the moment they open their eyes, or being fed at all manner of hours; nor need they ever think that such treatment is a necessary part of their existence, unless they are taught to so regard it.

Perfect rest, suitable food, and plenty of warmth are all that a baby wants during the first weeks of his life, and he will not cry if his wants are all supplied.

From the first the baby should be fed regularly, and bathed regularly and put to sleep regularly. He should not be taken up and played with when

he is quietly looking around him, unless you really wish to keep up the practice through his boyhood. Neither will you walk with him, if you are wise, for the same reason. Remember that it will not benefit him; at the start he does not cry to be walked with, although he very soon gets into a habit of doing so.

When he begins to cry do not get panic-stricken. You would not if you knew what a ridiculous figure you cut to the observer who is not alarmed or made nervous by the crying of a baby. It is not uncommon to see a whole household thrown into the utmost confusion by a baby's attempt to express himself, and their ineffectual, because purposeless, efforts to quiet him are really ludicrous. Let us imagine ourselves in his place, but enjoying (?) exercises which, compared with his, are in proportion to our size and strength.

In the first place something has happened to make us uncomfortable, for which we are not in the least responsible and which we have not sense enough to bear quietly. We are in pain from the effects of overeating, or from having eaten that which does not agree with us. We all know the feeling, and can imagine how we would enjoy the following course of treatment; First: tossed violently in a blanket, which would be about the same as the trotting process that a baby has to endure. Second: carried in a mad race around the room, subject to a bewildering number of turns, and a sudden jounce when least expecting it. Third: patted on the back with a mallet. Fourth: turned suddenly and without warning on the face, and swung violently back and forth, head foremost. Fifth: rocked until we are dizzy. Sixth: turned over to a fresh tormentor who goes through the same course of treatment followed by his weary successor. Seventh: compelled to swallow food until we can hold no more. Eighth: gagged with a mixture of indigestion-producing stuff tied up in a rag. I imagine we would think ourselves very greatly abused.

A baby is really better natured than an adult, for he seldom cries over imaginary woes. If he is not hungry or tired or cold, if his clothing is comfortable and his food agrees with him, if he has not been allowed to eat too much or at irregular intervals, and if he has not been made nervous by over-

excitement, or lack of sleep, or too much handling by strangers, he is not going to cry. The mother and nurses are at fault if he does cry, for they have no right to let him be abused in any of the ways suggested. It is their business to protect him, and the penalty they have to pay in nights of sleeplessness and days of wearisome baby-tending when they neglect that duty is none too great, and would seem, to baby's sympathizers, a desirable little bit of justice, were the baby also not obliged to suffer.

Through some carelessness of nurse or mother, baby has occasion to complain, and does so as lustily as he is able. Now, don't get excited! Think, quickly, of the events of the day, to discover a key to the complaint that you may give relief. He is your patient; you are physician, and he has a right to expect intelligent treatment, and a right to be wrathful if he does not get it. If you allow yourself to become nervous you are only going to make matters worse. It is not so very difficult for one who has the entire charge of a baby to discover where the trouble lies, and it should not be difficult for her to find the proper remedy. And here let me say that it is cruel to give a little child into the care of half a dozen people. He is sure never to be half cared for. I am aware that many children have lived under such treatment, but no sensible person will pretend to argue from that fact that it is desirable, or that a different method might not be adopted which would result in added comfort to baby and all concerned, or that the statistics of infant mortality might not be made less startling. Men have lived through the hanging process; but we would not use that fact as an argument in favor of hanging as a sort of gymnastic exercise.

Nor is it any more sensible to say that because such treatment has not warped the natures and ruined the intellectual powers of the entire human family that a more reasonable course might not raise the standard of the human race to a satisfactory degree. At any rate, it can do no harm to assume that it will, or to keep on repeating the lessons taught by those who are entitled to the name of professor in such matters, until the dulled ears of mothers shall begin to recognize the truth, and they are induced to try experiments

for themselves with a reason as the incentive to each experiment.

It is more difficult to properly train a child when the hereditary tendencies and prenatal influences have been undesirable; yet I do not wish the mother, whose eyes have just opened to her mistakes, to imagine that now there is nothing left for her but to bow before the inevitable. On the contrary, her exertions must be doubled, for she not only must try to overcome evil tendencies, but to supplant them by those which are good.

The principles taught by Professor Fowler might be found very suggestive in this connection; for, though he is often accused of being an extremist, and it is a fact that one who should undertake to carry out his ideas would be in danger of insanity, yet no one who reads him carefully will doubt that his theories, in general, are based on truth. We will convert one of them into a nice, little, every-day lesson to be used as an illustration. Suppose your boy gives evidence of having been born with an ungovernable temper—a well defined organ of temper we will call it. You must not add to it by furnishing him with opportunities of displaying his infirmity—but rather let it become inactive from want of use, and train the organs of cheerfulness and self-control and good-nature until they dominate the undesirable one.

It is easy to be good-natured when there is nothing to provoke ill-nature that every one admits. That it is possible to get into a habit of being good-natured no one will deny; and that habit has great influence over man is equally undeniable. Then if the evil of ill-temper are firmly impressed on the mind, and precautions are taken to build resistances against the temptation to be ill-tempered, the person in question will be quite sure to be fairly good-natured. I believe this to be true of all other of the human characteristics, and that, by thoughtlessness in training, a child's mental and moral characteristics may be made undesirable.

"Not one baby in a thousand is properly fed," said a physician one day, "and it is a good thing for the doctors that they are not. Why," he added, "it is my firm belief that if every child that comes into the world during the next twenty years were to properly fed for the first ten years of his life, a

large proportion of the doctors would have to seek some other occupation."

"And we, lawyers, too," answered his friend, "and more especially if the proper feeding were to be continued for a few years, for nothing so surely produces bad blood and quarrelsome tendencies as a disordered stomach."

Mrs Henry Ward Beecher says that few people have any clear idea of what infants suffer simply from an insufficient amount of food—that they cry quite as often from starvation as from colic, and that there are many mothers of the present day who are not able to supply nourishment sufficient for the healthy growth of their children, without feeding them in part from the bottle. She has in mind the city mothers who are robbed of physical strength by the excitement, dissipation, and nervous exhaustion of city life, not the women who live on farms.

It is better for the child to be left as nature intended, unassisted by artificial methods, and the mother should do all she can to fit herself for nourishing the helpless little being that is so dependent on her. She must remember that the food she eats is the food that nourishes baby, and so, for its sake, if not for her own, she should abstain from highly spiced food, pickles, stimulating drinks, confectionery, and all else that takes her appetite and repays her with a fit of indigestion. If, before the baby's birth, she ate but little bone-making food, she must make that loss good now; and there is no way in which she can do it as safely and so well as by nursing him herself. I have very little respect for that mother who, to gratify a depraved appetite, will deliberately rob her babe of that which no one else can give him, and what he cannot do without.

Not only in regard to the food she eats must the nursing mother be careful; if she takes cold, or is ill in any way, if she suffers from indigestion, or loss of sleep, or nervousness, or from overwork, or worry, or too great excitement, the baby must suffer too, though, perhaps, in a way so different that she might never suspect the cause. Whatever greatly affects the mother, either physically or mentally, is sure to affect the child in a greater or less degree. The mother has no more right to ignore that fact, and persist in doing what is most satisfactory to herself, than she would have to inflict tort-

ure on an adult, or to entice him into the paths of sin simply because it was easier for her to do so than not.

The influence that the nursing mother has over her child is almost as strong in the woman who nurses a child not her own. This should be thought of by mothers who conclude to hire a wet nurse. A woman should be chosen who is strong and robust, rather than fat. She must be free from hereditary tendency to mental or physical disease. It is better that she should not nurse another child at the same time, and she should be willing to eat only such food as would agree with the little one given into her care. Women between twenty-two and thirty-five years of age make the best wet nurses. The nurse should be of a cheerful disposition, have regular habits, and should not be allowed to overwork.

A medical journal tells of a mother who attended the funeral of a friend, taking her baby with her. He became fretful, and she nursed him to quiet him, all the while crying bitterly. When getting ready for the drive to the cemetery, she noticed that her baby looked sick and went home with him. In less than two hours he was dead.

Numerous instances have been recorded of children who have been thrown into spasms from being nursed when the mother was angry, or sad, or otherwise greatly excited, and it seems as if they had become so common that mothers might be more careful.

I once heard a mother say: "I ought not to have eaten that cabbage to-day, for baby is always sick when I eat it; but it was so good that I just couldn't help it!"

That mother often remarked that she loved her baby better than herself, but certainly her actions did not go to prove any such assertion. What made her conduct still more unpardonable was the fact that she knew very well the influence of the nursing mother on the child, and how clearly it was proven in her case, for she always doctored her baby by taking the remedies herself that she thought he needed, and after having eaten the cabbage, she tried to lessen the little one's pain in the same way.

When it is known that the child can be so greatly affected by the mother in her undesirable moods, there is no reason to doubt that her pleasant ones also affect him; therefore, she should

endeavor to be calm, and to think her happiest thoughts when nursing her baby, and for some time before. She can, at least, refrain from nursing him until she has had time to recover somewhat from her fit of grief or anger; for it is better that he should go hungry for a time than that he should eat such food as she can offer him. If the attack of excitement has been severe, the breasts should be emptied by a breast-pump or otherwise, and the infant not allowed to nurse until they fill again under more favorable circumstances.

Usually the quantity of the mother's milk is not so deficient as the quality; and, if the baby frets while nursing, or wants to nurse oftener than he should, she should at once take measures to find out if he is being sufficiently nourished.

Dr. Verdi says that the mother's milk, to be good, should be white, sweet, opaque, and of a very pleasant taste. It contains globules of fat or butter, caseine or cheese, sugar of milk, salts, and a little yellow matter. A drop of good milk on a plate of glass will not run off easily; it will maintain a globular form, and adhere somewhat to the glass. That is not so with milk deprived of its solids; it will run off quicker than water, on the slightest inclination of the glass.

If it is found the milk is insufficient for the child, other food must be given it. Under such circumstances it is wiser and more convenient to nurse it during the day and give it the bottle at night, as the mother can get better rest, which is necessary to make her milk good. If possible, find out what necessary properties of food are lacking in the mother's milk, and supply them in the other food given it; this may be done very successfully in the cases which often occur where cows' milk will not agree with the mother's milk in baby's stomach.

"It is so hard to bring up a bottle-fed baby!" How often we hear the cry, and it certainly is not easy. Nothing can be easily done in a way opposite to that which Nature intended, yet many things might be more easily done than they are, as well as more successfully, if common sense in the care of babies could only be taught to girls. Instead, they never give the subject a thought until they are married and have a baby of their own to practice on, and the poor little thing

must suffer while the mother is learning from experience how to care for it.

With bottle-fed babies more care must be taken to feed them properly than is necessary when the mother nurses them; but it should not be withheld, for great care in feeding will result in much less care being necessary in other respects, and in the happiness of having a healthy, laughing baby, instead of a sickly, crying one.

As long as young people persist in marrying without giving any thought to the welfare of the babies that are very likely to come into their homes, just so long will there be mothers who are unfit to or incapable of nursing their babies, and just so long must there be bottle-fed babies. A woman of scrofulous constitution, addicted to recurring diseases of the skin, or one subject to hereditary diseases, should not nurse her baby—neither is she fit to be married—for it will stand a better chance of having health if brought up on the bottle.

To begin with, provide two bottles and tubes for the baby, and use them alternately, keeping the one not in use in a bowl of cold water until it is needed again. Scald both bottles and the tubes every night and morning, for baby's health depends a great deal on the cleanliness of the bottle, which, when uncared for, so soon collects the tiny, health-destroying germs.

A vigorous child should be fed every two hours during the first weeks of its life, then every three hours, and after the tenth month every four hours. It should be fed regularly, and should not be allowed to have any food at all between meals. This rule is for the day-time only. At night it should not be fed so often, and should be taught at as early an age as possible to sleep all night without food. That, of course, will depend a great deal on the nature and physical condition of the child. Many babies have been taught to sleep all night without food before they were nine months of age, and no baby of that age should be fed more than once between nine o'clock in the evening and five in the morning.

Never give a child food to stop its crying. If you feed it regularly, and give it proper food, it need never cry because it is hungry. She is a very foolish mother who will give her child an opportunity to cry from such a cause, and must be anxious to tend a

peevish baby. If you have fed it properly and it cries, it is not because it wants more food, but for some entirely different reason. To be sure more food may serve to stupefy it, rendering it less conscious of its trouble, but is that a wise course to pursue? Usually he cries again when he recovers from his stupefaction, and either he must be stupefied again, or means must be adopted that should have been used in the first place, and which would not have tended to give the child objectionable habits.

Some nurses consider it a good sign when baby throws up his milk, but it is simply an indication that he has a stomach strong enough to rebel, when overloaded, and relieve itself. It is no sign at all that it will always remain strong enough to relieve itself, though it will never cease to rebel when abused. When a child throws up its food it is an infallible sign that its mother does not know how to feed it; but somehow that sign receives very little consideration from our honored grandmothers. Tell them of it and they say "our babies lived through it"—the old, worn-out argument! So their babies did, but they were unfit to have babies of their own who could "live through it," and every year we have more and more nervous, dyspeptic people whose parents and grandparents "lived through it," and the infant mortality proves that there are more babies who could not "live through it."

Cows' milk is most generally used for bottle-fed babies, as it is the most easily procured, and it is a very good substitute if properly given. It contains about four times as much caseine, albumen and albumenoids as woman's milk, and less sugar; consequently there is four times as much coagulable material in the cows' milk. The acid gastric juice in the stomach coagulates the cows' milk into hard masses difficult to digest, while the woman's milk is formed into a loose, light mass readily attacked and broken down. The result of this difference, as may be readily seen, must greatly affect the digestion. These properties of the cows' milk must be altered in order that it may become a good substitute for the natural food. The quantity of caseine must be decreased, and the sugar and fat increased. Practically the caseine may be reduced by diluting

the milk with water, and the fats and sugar increased by adding cream and sugar of milk. The tendency to firm coagulation may be obviated by adding lime water or barley water. Only sugar of milk should be used in food for babies, as any other sugar is apt to cause acidity. The milk must be diluted according to the digestive power of the child's stomach. Some babies require much less nourishment than others, and would become ill on food that other babies would thrive on.

Begin by adding an equal quantity of water to the milk, and then add less water as baby shows that he can take more nourishment without suffering. There are few babies under six months of age who can take undiluted milk; and it is said that there are some who can never take milk at all. I have always believed that such need not be the case if they were fed it properly in the first place; but when a baby's stomach once gets out of order, it is not easily made well again. Such babies are very hard to bring up, because it is difficult to know just what to feed them. When, however, you have discovered the food best suited to them, they are often less trouble than other babies.

I have found few mothers who were greatly in favor of the baby-foods so freely advertised, but many having decided objections to them. They should be used only when prescribed by a doctor who knows the child's peculiarities, and who has had sufficient experience in caring for sick babies to make his opinion worth a second thought. It will be noticed that, as a rule, the old doctors who have had babies of their own are not the best friends to the manufacturers of the baby-foods, all of which are warranted to be as good as, if not better, than the mother's milk.

One doctor who has been very successful in prescribing for sick babies recommends food made from lentil-powder as best for babies, next to their natural nourishment. A dessert-spoonful of the lentil-powder is soaked for half an hour in a gill of water, then half a pint of water is added, and the food is boiled for two hours, skimming it as it needs it. When done, there must be a pint and a quarter of the food. A little sugar of milk may be added.

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